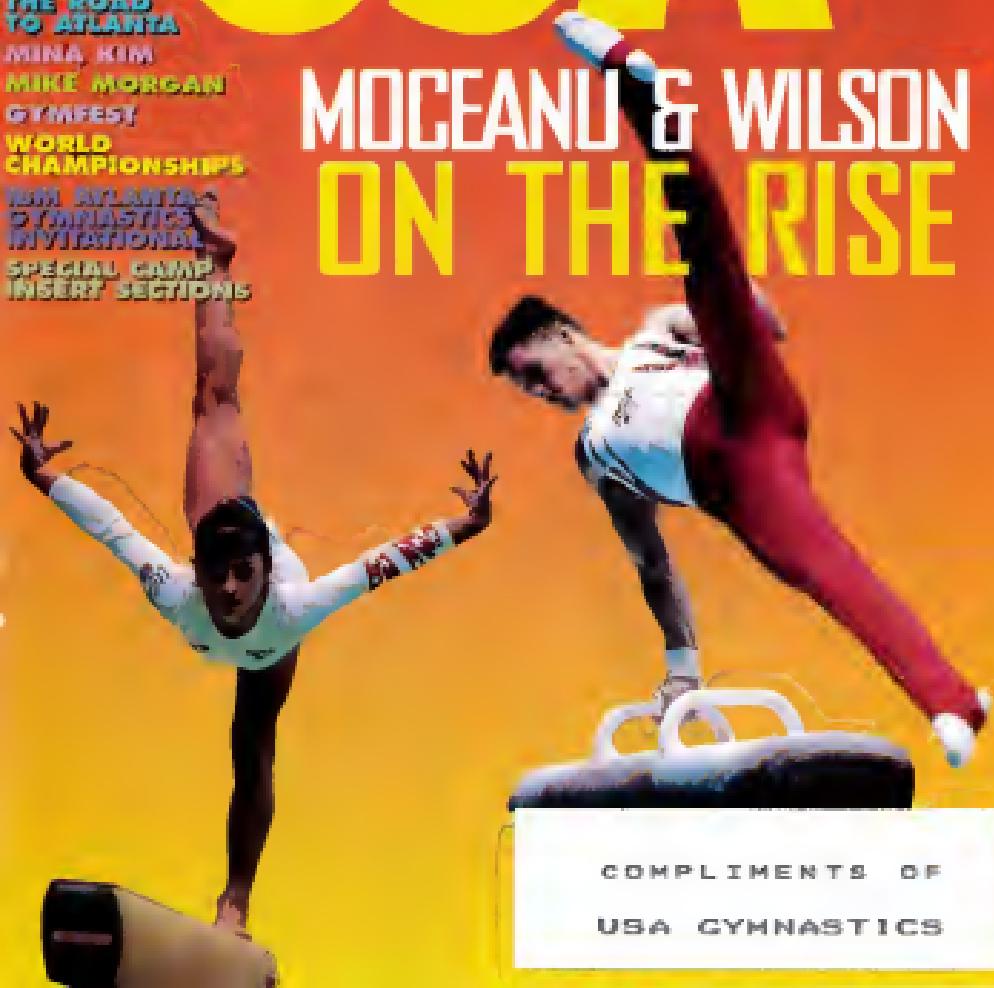


JANUARY/FEBRUARY 1996
VOLUME 25, #1
\$3.95

USA GYMNASTICS

FEATURES ON
THE ROAD TO ATLANTA
MINDY KIM
MIKE MORGAN
GYMFEST
WORLD CHAMPIONSHIPS
1996 ATLANTA GYMNASTICS INVITATIONAL
SPECIAL CAMP INSERT SECTION

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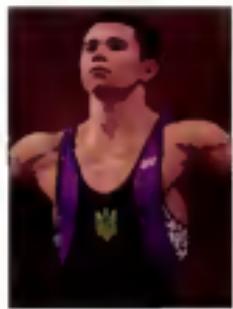
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USA GYMNASTICS

JANUARY/FEBRUARY 1996 • VOLUME 25 • NUMBER 1

DEPARTMENTS

INSIDE USA Gymnastics	6
BODY BALANCE	10
YOU'VE COME A LONG WAY BABY	14
THE ROAD TO ATLANTA	14
GYMNASTICS UPDATE	16
EVENT SCRIBBLE	17
RISING STARS	20
GYMNASTICS RESULTS	28
FACES IN THE GYM	32
REEBOK® COACHING CORNER	34
SELECTION PROCEDURES	35
CLASSIFIEDS	62
CHALK TALK	64

FEATURES

MINA KIM

Junior National Champion Mina Kim trains at Dynamo Gymnastics in Oklahoma. Although Kim is just 16 days too young to qualify for the 1996 Olympic Games, she maintains a positive mental attitude.



Right: Apologet participant

GYMFEST

The third annual USA Gymnastics National GymFest took place in Carmel, Ind., Oct. 26-29. Nine gymnastics groups and three special groups participated in the event.



1995 NATIONAL TOP'S TEAM

The Talent Opportunity Program is proving to be a big success to many young girls across the country. More than 1200 6-11 year old athletes were tested and 805 9-11 year olds were tested at the regional level this year.

WORLD CHAMPIONSHIPS

The USA women's team earned the bronze medal at the 1995 World Championships. Dominique Moceanu won the silver medal on beam and took fifth in the all-around. The USA men's team held their ground, finishing with the same spot they finished at last year's World Championships.

IBM ATLANTA GYMNASTICS INVITATIONAL

Bezar Wilson earned the silver medal in the all-around, just missing the gold by 15. Melinda Shandway won the gold medal on vault. All the athletes experienced the venue for gymnastics at the 1996 Olympic Games.

MIKE MORGAN

Mike Morgan was the only junior competitor to qualify for the senior division at the 1995 Coed-Coil National Championships. His score was the top score for his age group on Team 2000. He trains with coach Peter Kornacki at Ohio State University.

USA GYMNASTICS

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LOOKING TO EXCELLENCE THE NATIONAL GYMNASTICS FOUNDATION

by **Kathy Sosnick**

In 1984, gymnastics walked away from the Olympics with more than medals. We celebrated a renewed sense of success, pride and the promise of continued potential. The 1984 Olympics also left USA Gymnastics with \$1.4 million to endow the future of the sport.

To ensure the future was well-cared for, USA Gymnastics established the National Gymnastics Foundation. And in the past 10-11 years, the endowment of the Foundation has grown to \$2.2 million, and grants to USA Gymnastics from the Foundation have totaled over \$225,000 to date.

The National Gymnastics Foundation will be raising additional funds to assist USA Gymnastics in its commitment to bring a more supportive and stronger organization to you and to the sport, and to make gymnastics more accessible to a wider population. There are five program areas the Foundation will focus on to increase participation and raise the level of excellence within gymnastics:

GRASSROOTS PARTICIPATION

The Foundation and USA Gymnastics will provide limited start-up support for Gold Medal Programs across the country. These programs will be partners with USA Gymnastics and offer all children an opportunity to actively involve themselves in gymnastics. The programs will be offered through a variety of creative, community organizations.

SPORTS SCIENCE AND TECHNOLOGY

USA Gymnastics has been a strong advocate for athletes, involved in researching and working with coaches, judges, athletes and parents to improve the emotional, physical and technological aspects of the sport. USA Gymnastics provides seminars, video and audio tapes and articles to address such challenges as eating disorders. With support from the National Gymnastics Foundation, efforts to address these challenges and to improve the quality of the sport will be increased.

USA TEAM DEVELOPMENT

The Foundation will also look for partners throughout the United States

who want to help elite athletes achieve their maximum potential. Educational scholarships from those who want to partner with the Foundation and USA Gymnastics will help develop athletes and the sport at the highest levels and support the hopes and dreams of national and international medalists.

INTERNATIONAL PROGRAM

With help from the National Gymnastics Foundation, USA Gymnastics will recruit and support former elite athletes in taking gymnastics to developing countries. In areas where the program has been implemented, children have been the beneficiaries. The program is an exciting and innovative way to build new friendships and bring the joy of gymnastics to future gymnasts around the globe.

ENDOWMENT

Contributions to help grow the Foundation's endowment assist in guaranteeing the future for gymnasts. These contributions will be safely invested with the interest available to support gymnastics for years to come.

Each time progress is made in improving the sport of gymnastics, everyone associated with it benefits—the kids at your community, coaches and clubs through more and better educational materials, athletes from coach training, research and increased participation, and parents with information to better support their children. All those associated with gymnastics have the ability to create program support that builds on the success, benefits and excitement of gymnastics through a gift to the National Gymnastics Foundation.

When the Foundation requests your support, please give. The National Gymnastics Foundation is your foundation, working to improve your apart and the opportunities it presents. When you invest in the National Gymnastics Foundation, you invest in strengthening gymnastics and its pre-eminence in the amateur community.

three to get ready videos



LIVELIHOODS

Nutrition
Reading and Writing

Mary Lee Reiter grants sites on this video about proper nutrition. It covers such topics as eating disorders, good nutrition, and nutritional opportunities.

四州 少體

Mental Handicaps, Violence

This video discusses how to create a positive mental atmosphere for athletes. Mary Lou Retton also gives suggestions for body image, strong self-esteem, and personal control.

Authors and per-

Conditioning Conditioned Value

The third video in the series, the newly produced video highlights the importance of proper conditioning at ground surface (available early 1998).
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STAR PROFILE

By Karen Paetzold

Mina Kim was born in Tonga Gave, and moved to Birth, Canada, with her family in 1982. She began gymnastics when she was four years old, and by age 10 she started to train with Steve Ward and Trudy Liddick of Dynamic Gymnastics. The Kim family packed their bags in 1992 and headed for Oklahoma City, Okla., where they live now.

"I like Olympic Gymnastics because of the exciting stuff," said Kim. "It's strict and challenging, which is good because it teaches me discipline."

When asked what Y's like training with two-time World Champion Shannon Miller, Kim said, "Shannon really shows the way to be the best gymnast you can be. She's practically perfect all the time."

Kim is just 16 days too young to be considered age-eligible for the 1996 Olympic Games. Although she's a little upset that she doesn't have the opportunity to qualify for the Games, she realizes that she's gaining confidence as a junior. In fact, she won

the 1995 Coca-Cola National Champion ship in the Junior Division.

When asked if she thinks it fair to have an age limit for the Olympic Games for gymnasts, she said, "I think it should be open because age shouldn't matter. Some people are better when they're younger and some are better when they're older. It should just be open."

As for her future goals in the sport, Kim would like to make a World Championships team, earned a new skill and possibly compete in the 2000 Olympics.

She thinks the one skill would probably be an iron because that's her favorite event and the one in which she usually scores the highest. Kim's favorite skill in gymnastics is a rare one she's working on: a back salto between the bars. "It's big," said Kim. "I'm doing a back myself with a rest on the low bar. I hope to compete it at the '94 American Classic."

Kim is not only a great gymnast but also a great student. She maintains a 4.0 grade point average and is an honor roll student. Math is her least favorite subject.

MINA KIM

JUNIOR NATIONAL CHAMPION

COMPETITION RESULTS

1995: Coca-Cola National Championships, Nov. Orleans, La.; 1st-M & R, 3rd-V, 4th-IV (Junior division)

1995: U.S. Olympic Festival, Boulder, Colo.; 4th-AA, 5th-BB

1995: McDonald's American Cup, Seattle, Wash.; 7th-AA (youth), 2nd-BB

1994: Coca-Cola National Championships, Louisville, Tenn.; 3rd-AA, 1st-IB (Junior division)

1994: California Cup, Glendale, Calif.; 9th-M, 2nd-V, 4th-FZ

1994: Goodwill Games, St. Petersburg, Russia; 2nd-Bron (youth)

"Mina is very intelligent and she truly understands technique. She expects a lot out of herself. When asked to do a certain number of routines, Mina won't count the ones that aren't done perfectly. If she wobbles on something, she doesn't count it. Not all gymnasts are like that. Mina is a joy to work with."

—Trudy Liddick

Kim is just 16 days too young to be considered age-eligible for the 1996 Olympic Games. Although she's a little upset that she doesn't have the opportunity to qualify for the Games, she realizes that she's gaining confidence as a junior.

YOU BE THE JUDGE

The International Gymnastics Federation (FIG) has a system of age categories based on your

age. You can find the age categories in the sidebar on page 10.

SHOULD THERE BE AN AGE LIMIT FOR GYMNASTS IN THE OLYMPIC GAMES?

Let us know what you think. Write to USA Gymnastics, "Age Limit," Pan American Plaza, 201 S. Capitol Ave., Suite 200, Indianapolis, IN 46225 or fax us at 317-537-5644. We'll publish some of your answers in the magazine for everyone to read.



STAR
PROFILE

MINA KIM

"I like Dynamo Gymnastics because of the coaching staff. It's strict and challenging which is good because it teaches me discipline."

FUN FACTS

BIRTH DATE:	January 15, 1992
BIRTH PLACE:	Seoul, Korea
HOMETOWN:	Oklahoma City, Okla.
CLUB:	Dynamo Gymnastics
COACH:	Steve Morris and Fergie Leibek
SCHOOL:	Cooper Middle School
GRADE:	9th
BEGAN GYMNASTICS:	1996
FAVORITE EVENT:	All-around
Hobbies:	Reading (R. L. Stine— scary books)
Family:	Kim's mom and dad own a store and sell clothing and beauty supplies. Her 7-year-old brother participates in Taekwondo.



Steve Morris and Mina Kim



GETTING YOUR MIND AND BODY READY FOR COMPETITION: DO YOU HAVE A PLAN?

Jean L. Duda, Ph.D.

Sport Psychology Consultant for Women's National Team and Professor, Purdue University

Athletes who perform the best they can on a regular basis come into competition well-trained and prepared—physically and mentally. Research has shown that developing a performance plan helps athletes maximize their competitive preparation and execute their skills more consistently. In gymnastics, it would be best for each gymnast to have a detailed and familiar “plan of attack” that helps him or her get ready for the meet and each specific event.

HOW DO YOU DEVELOP YOUR PRE-MEET PLAN?

In constructing a pre-meet preparation plan, you need to know yourself from a competitor standpoint. Think back to recent meets when you performed well. Remember those competitions in which you were not pleased with your performance? What were the differences in what you did physically and mentally those hours before you arrived to the gym? In terms of getting your body and mind ready for competition, how would you compare what you were doing when you were warming up for the meet? Why these differences down and use if you can identify what works best for you in terms of your physical and psycho-

logical preparation. The plan should cover what you want to do prior to the meet. The plan should also address the order in which you want the pieces of your pre-meet plan to occur.

HOW DO YOU DEVELOP YOUR PRE-EVENT PLAN?

Go through the same process described above. Remember your thoughts, feelings and actions for the good and “not too terrific” performances on each specific event. What were you focusing on and saying to yourself? How did your body feel? Write down the differences and see if you can discover how you would prefer to feel as you are waiting to receive the green flag from the judges.

POINTS TO CONSIDER WHEN PLANNING

1) When developing your pre-event preparation plan, consider that there might be small differences in where you want your body and mind to be which depend on the apparatus in question. For example, you might want to make some small changes in your plan depending on how stressed or energized you need to be before the event (example: balance beam versus floor exercise).

2) You want your pre-meet and pre-event preparation plans to be comfortable, confidence-building and customized. Although competition plans are beneficial for all athletes, the content and sequence of events in your plan may be different from other gymnasts you know.

3) Be flexible. Your plans should not be “set in gold.” Don’t be afraid to modify your pre-meet and/or pre-event plans if something is not working.

4) How you would prefer to interact with your coach (and parents) before the meet and/or each event is an important part of your plan. Communicate with them and decide what is best in terms of how they can help you get ready for strong performances.

5) Always have “Plan B.” Some-times things go wrong for athletes in competition. Now and then, the unexpected happens at meets. These situations will not be so disturbing if you consider beforehand (with the help of your coach) what you can do to get yourself back on track.

Think of your pre-meet and pre-event preparation plan as a good and supportive friend – someone who is with you always during competition and will “set the stage” for clean routines. So start planning! You’ll feel more in control of your thoughts, emotions and, as a result, your performances. You’ll also enjoy your gymnastics a lot more!

**Research has shown that
developing a performance
plan helps athletes maximize
their competitive preparation
and execute their skills more
consistently.**



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Wendy Bruce
1992 Olympic Bronze Medalist



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GENERAL GYMNASTICS

GymFest

Whited's "General Gymnastics Exhibition Team received the "Spirit of the GymFest" award for attention to theme, adherence to the General Gymnastics philosophy, and involvement of participants from broad age ranges. Regardless of level of technical gymnastics performance, all of the groups showed qualities deserving recognition for a job well done.



By Steve Whited

The third annual USA Gymnastics National Gym Fest "GymFest" seminar took place in Carmel, Ind., Oct. 18-20.

For those who are unfamiliar with General Gymnastics and the GymFest concept, it is a gymnastics activity which is a non-competitive opportunity for clubs and organizations to come together to perform gymnastics displays in a fun educational, and social setting.

In General Gymnastics,

- all ages are encouraged to participate—guaranteed encouragement
- all levels of ability are encouraged to participate—no one to elite

■ the social and group interaction, communication are an integral part of the experience, and ■ participants receive participation certificates and groups receive recognition for attention to theme, Spirit of the Olympic use of music, costumeing etc.

The general format for the GymFest is each club prepares a choreographed exhibition to music that should not exceed 10 minutes.

Four gymnastics group and three special guest groups participated in the 1995 GymFest including several Gymnastics (Ind.), Milwaukee Turners (Wisc.), S.E. School of Dance (Ind.), Rhythmic

Blissions (Ind.), Whited's Gymnastics Exhibition Team (Ia.), The Gymnastics Company (Ind.), USA Gymnastics Rhythmic National Group Team (Ill.), America Solo (Texas) and U.S. Performers (Ind.). Danjane (Ind.), The Rhythmic Edge (Ind.), The Indianapolis Gymnastics (Ind.), and The Indiana Performers (Ind.).

Over 20 individuals performed in the various GymFest activities. The highlight of this year's GymFest was the Final Performance—conducted as an Indianapolis Colts Football Dress Rehearsal for game night.

A television commercial for the finale was local hero Tim Horner of The Performance Edge School of Dance and Theatrical Training. Paul Miller served as musical director, choreography and rehearsals



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YOU'VE COME A LONG WAY!

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This month's mystery athletes are top-level gymnasts. Using the clues below, can you figure out who they are?

- This athlete is from Atlanta—the host city of the 1996 Olympic Games.

- She lives in Davenport, Iowa with five other gymnasts, and is coached by Kovaleva Tadevos.

- She was a member of the 1984 World Championships Team and the 1985 Pan American Games Team.



WHO IS SHE?

FIND ANSWERS
ON PAGE 42!



- This athlete is from Cincinnati, Ohio.

- She was a member of all the three medal-winning teams at the 1986 World Championships.

- She took third all-around at the 1985 Cover-Dale National Championships and came back from injury to compete in the 1985 World Championships, where her team won the bronze medal.

WHO IS SHE?

Record Breaking Sales

THE ROAD TO ATLANTA



Trivia Question

Excluding the Opening Ceremony, what were the top three most requested sessions of the 1996 Olympic Games?

Atlanta received more than 300,000 ticket order requests for the 1996 Olympic Games, averaging 17 tickets, totaling \$1,100 per order.

Answers will determine
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2 GYMNASIUMS—
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Parks (Breakfast with Bill)
Parks (Breakfast with Bill)
1 GYMNASIUM—
ANSWER

Gymnastics represents five of the top 10 most requested sessions!





The following sports have sold out of tickets for the 1996 Olympic Games:

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Diving
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(Some tickets still available for podium training)

Rhythmic Gymnastics
Judo
Modern Pentathlon
Swimming
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Information, send \$5 to: 1996 Olympic Games
Ticket Request Form, P.O. Box 105153,
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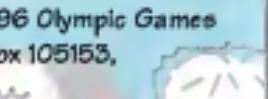
The \$5 will be deducted from the ticket order.

An interesting note

Rhythmic Gymnastics was the second sport to sell out of tickets for the 1996 Olympic Games.



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MEN'S JUNIOR OLYMPIC ACADEMIC ALL- AMERICAN AWARDS

This is a reminder to all coaches, parents and students that application for the 1995 USA Gymnastics Academic All-American Awards are due by April 15, 1995.

1995 USA GYMNASTICS OLYMPIC DEVELOPMENT PROGRAM 10 - 11 LEVEL III JUNIOR DEVELOPMENTAL RANKING

By Dennis McIntyre

The Olympic Development Program seeks to provide a vehicle for development of those athletes who have gymnastics excellence as a goal. There were 104 participants in this year's Level III ages 10-11, Olympic Development Group Regional Evaluation. The Junior National Development Team is made up of the top 50 athletes from these Regional ODP Evaluations. The top 25 athletes on the 1995-96 Junior Development Team will be invited to a four-training camp to be held in the summer of 1996. Congratulations to our new Junior National Development Team and to all the participants in this year's Olympic Development Program as a job well done.

1995-96 USA GYMNASTICS JUNIOR DEVELOPMENT TEAM

#	Name	Club	Coach Name
1	Tony Athanasios	Top Right	Steve Miller
2	John Anthony	Glenview Gym	Jeff Hall
3	Mike Baker	Top Right	Pat Mori
4	Brenton Baker	Midwest Gymnastics	Steve Sandell
5	John Belcher	Midwest Gymnastics	Steve Sandell
6	Matthew Berg	Midwest Gymnastics	Steve Sandell
7	Austin Biles	Midwest Academy	Steve Sandell
8	Jeff Biles	Midwest Academy	Steve Sandell
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16	John Biles	Midwest Academy	Steve Sandell
17	John Biles	Midwest Academy	Steve Sandell
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48	John Biles	Midwest Academy	Steve Sandell
49	John Biles	Midwest Academy	Steve Sandell
50	John Biles	Midwest Academy	Steve Sandell



Anthony Smith



S.J. Feder



Leanne Hill

The Men's Junior Olympic Progress Awards All-American Gymnast Awards are open to all high school students and will be awarded to qualified students at three levels:

1. Gold Team Academic All-American students with a cumulative grade point average of 3.80 or higher.
2. Second Team Academic All-American students with a cumulative grade point average of 3.7 or higher.

The Men's Academic All-American—students with a cumulative grade point average of 3.5 or higher.

The Student All-American students have a cumulative grade point average of 3.50 or higher. Applications for the Academic All-American must be submitted by the letter of recommendation (coach and school). Applications can be sent to USA Gymnastics by April 15, 1995.

NATIONAL EVALUATION: JUNIOR TEAM RANKING



Kristi Nutter



Zach Vitek

LEVEL 5A 10-11

1. Jason Floyd
Lancaster Gymnastics
Early Acrobatics

2. David Penney
West Coast Gymnastics
Acrobatics
Linda Taylor

3. Brett McCord
Crescent City Gymnastics
Coach Wayne Kerr

4. Jason Gabas
Benton Elites
Coach Mike Gabas

5. Steve Veneman
Gymnastics Partners
Early Acrobatics

6. David Robinson
Sparta Gymnastics
Early Acrobatics

7. Stephen Smith
Top Right Gymnastics
Coach Steve Miller

8. Mike Zimmerman
Willis Gymnastics

9. Kelly Kelly-Gandy



Jason Floyd



David Penney



Brett McCord

LEVEL 5B 10-11

1. Heath Mueller
West Coast
Gymnastics

2. Zach Roberts
Southern California
Gymnastics

3. Randy McLean
Thompson Gymnastics
Acrobatics
Coach Jim McLean

4. Sterling
Robertson
USA Gymnastics
Center, Club
Coach
John Robertson

5. Sean Cuthbert
Team
Gymnastics



Sean Cuthbert

6. Robbie Small
Willow Run
Gymnastics

7. Sean Cuthbert
Team
Gymnastics

8. Sean Cuthbert
Team
Gymnastics

9. Ryan Whopper
Central Gymnastics
Coach Jerry
Schiffman

10. Amy Wiersch
Central Gymnastics
Coach Jerry
Schiffman

11. Anthony
Paravall
International
Gymnastics School
Coach Jennifer
Perkins

12. John Evans
Willow Run
Gymnastics

13. Sean Lawrence
Gymnastics
Coach Mark
Hoffman

14. Jay Hardill
Central Gymnastics
Coach Jerry
Schiffman

15. Angie Jean
Gymnastics
Coach Mark
Hoffman

16. John Evans
Willow Run
Gymnastics

17. John Evans
Willow Run
Gymnastics

Through a series of lectures, demonstrations and participatory workshops, National and World Agents, "Champions," judges, coaches, trainers and other sport specific experts will offer practical information on how to prepare for competition, during a three-and-a-half-day program that takes place during the National Aerobic Championships USA Finals.

"For anyone interested in learning about sportspersons, there is simply no other place to learn so much in such a short period of time than at ChampCamp," said Schwartz.

Registration and information are available by calling 1-800-216-5658.

CHAMP CAMP

The International Gymnastics Federation held its first World Championships in Sportgymnastics in 1995. The FIG Congress in Atlanta in July 1995 will vote on whether to have sport aerobics included as a discipline of the FIG.

"More and more people with gymnastics backgrounds are doing quite well in aerobics," said Howard Schwartz, President of the Association of National Aerobic Championships Worldwide.

The U.S. National Aerobic Championship will offer gymnasts the opportunity to learn more about this sport at NAC ChampCamp V to be held in Los Angeles, February 15-18.



GYMNASTS FEATURED IN VISA COMMERCIAL

Rhythmic National Team Members Jennifer Beier, Caroline Hunt and Tina Thorpe, along with women's gymnasts Courtney Massaro, Abby Dowd and 1992 Olympian Kim Zmeskal were featured in a 30-second commercial for Visa.

These gymnasts, along with athletes representing U.S. Gymnastics, Synchroized Swimming, Rowing, and Mountain Biking, will be featured in different vignettes to explain how Visa and friends can help support athletes training for the 1996 Olympic team every time they use their cards.

The commercial will be shown during nationally-revised broadcasts.

NOTICE TO MEMBERSHIP

The following Membership Statement has been adopted by the Board of Directors of USA Gymnastics:

Membership in USA Gymnastics is a privilege granted by USAG. That privilege can be withdrawn by USAG at any time where a member's conduct is determined to be inconsistent with the interest of the sport of gymnastics and/or the interests we are advancing.

The following former professional members have had their memberships with USA Gymnastics terminated and will not be allowed to renew their memberships:

Chris Hendrickson	IN
Waco Brown	SC
Larry Dorch	PA
William Alexander Eberle	IN
Mark Fornasier	CA
Joseph Fratello	ND
Drey Lancy Golligher	PA
Robert Alan Gerzer (bulk)	IN
Alfredo "Chico" Gómez	NY
Robert Dean Head	NY
John S. Moore	NY
William Muehlberger	IN
William M. Passekoff	IL
John R. Ross	DE
Steve Shultz	MD
Mike Stevens Stasz	UT
Mark Swift	IL
Andrea Suzanne Tiefey, Jr.	CA
Brian Testino	VA
Steve Whysner	TX
Frank Zimmerman, Jr.	PA

IN MEMORY

Ivan Lopez, a 1992 Olympian and former University of New Mexico gymnast, died of leukemia on October 9 in his hometown of Mexico City.

"He was an outstanding young man and one of the premier gymnasts at the international level," said University of New Mexico's coach Rudy Mitchell.

Lopez, 26, took fifth all-around and tied for sixth on parallel bars at the 1990 NCAA Championships. In 1991 he won the high bar event. He was the only gymnast to qualify for finals in all six events during the 1991 Pan American Games. He represented Mexico in the 1992 Olympic Games.

The gymnastics community is saddened by Lopez' death and our thoughts and wishes go to his friends and family.

JANUARY 1996

- 18-19 Summer Olympic Festival (M/W)
20-21 Regional Qualifying Meets (M)
30-31 Girls Regional (W)
31 Women's International Gymnastics Cup (M/W/T)

Boise, Idaho, USA
Pensacola, Fla.
Tucson, Ariz.
Portland, OR

FEBRUARY

- 13 USAG Winter Cup Challenge (W)
14-15 American Circuit Research (W)
16-17 USAG Rhythmic Challenge (L)
18 USA/Belarus Exhibition (L)

Colorado Springs, CO
Tulsa, OK
Bremerton, Wash., IL
Downers Grove, IL

MARCH

- Feb 29-2 McDonald's American Cup (M/W)
3 The 3rd Annual Gym Champ (W/W/T)

H. White, IL
Altona, GA

APRIL

- 4 Budget Rent-A-Car Gymnast Invitational (M/W)
13 USAG Regional Meets (W)
13 USAG Regional Meets (M)
13-14 Level 10 Regionals (W)
15-31 NCG Championships (L/L) (W/W)
16-20 USAG Gymnastics Collegiate Championships (M/W)
30-31 J.O. Championships (L)
25-27 USAG Regional Championships (W) (Inv. of AL)
31-32 USAG National Championships (W)
31-32 Girls Regionals (W)
31 USA Gymnastics/NCG Invitational Tournament (W) (Cape Girardeau, MO)

Mount, FL
Tampa, Fla.
Tampa, Fla.
Tucson, Ariz.
Sun Valley, ID
Seattle Pacific Univ.,
Maryland
Tucson, AZ
Phoenix, Ariz.
Tampa, Fla.
Cape Girardeau, MO

MAY

- 1-5 J.O. Nationals (M & ST) (W)
3 USAG Executive Committee Meeting
4 Boston, Mass. (L)
4 USAG Board of Directors Meeting
11-12 Wilson Open (L)
12-14 J.O. National Competitive Prog. Workshop (M)
14-19 US Gymnastics (W)
16-17 J.O. Championships (W)
25-26 National Gymnastics Festival (W)
31-June 2 USAG Rhythmic/NCG Championships (L)

Bethel, CT
Indianapolis, IN
Boston, MA
Indianapolis, IN
Seattle, WA
Tulsa, OK
Tulsa, OK
Tulsa, OK
Athens, GA

JUNE

- 5-8 Coca Cola Netball Championships (W/W/W)
18-19 USA Badminton (W)
21-23 Rhythmic World Championships (L)
23-24 USIS Olympic Trials (L)
27-28 USIS Olympic Trials (W/W)
27-28 USA Gymnastics National Congress

Knoxville, TN
Tampa, Fla.
Edmonton, AB
Bethel, MA
Bethel, MA
Bethel, MA

JULY

- 13 Pre-Olympic Exhibition
13-17 BIG Congress
26-30 Games of the XXIVth Olympiad (M/W)

Grenoble, FR
Athens, GA
Athens, GA

AUGUST

- 1-4 Games of the XXIVth Olympiad (L)
11-14 Post-Olympic Cup (M/W/T)

Athens, GA
GA

By Adrienne
General Events Director, JG Comm.



1995 NATIONAL TOP'S TEAM

By Gary Whipple

**9-11 YEAR
OLD TEAM**

6-8 YEAR OLD TEAM

1-10	Leopold	Wolfe
11-20	Wolfe	Wolfe
21-30	Wolfe	Wolfe
31-40	Wolfe	Wolfe
41-50	Wolfe	Wolfe
51-60	Wolfe	Wolfe
61-70	Wolfe	Wolfe
71-80	Wolfe	Wolfe
81-90	Wolfe	Wolfe
91-100	Wolfe	Wolfe



2007-8 Learning Outcomes

The 1995 National Talent Opportunity Program for women just wrapped up for 1995. Twelve hundred and twenty-five 6-11 year old athletes tested at the regional level this year. The breakdown per age group was as follows:

year. The breakdown per age group was as follows:

- | | |
|--------------|--------------|
| 6 year olds | 20 athletes |
| 7 year olds | 125 athletes |
| 8 year olds | 205 athletes |
| 9 year olds | 270 athletes |
| 10 year olds | 335 athletes |
| 11 year olds | 224 athletes |

Of the 350 6-8 year old, 71 were selected to the National 6-8 TOP's Team. This represents a club



One coach from each club was invited to attend the December National Training Camp.

Of the 875 9-11 year olds, 320 were invited to take part in the National TOP Testing that was held in Rochester, NY, October 19-22. At the National Testing, the athletes again were tested on physical abilities along with some basic skills on each apparatus including dance. In the evening of each testing day, the



National Staff conducted a clinic for all the athletes and their coaches. The following day, all of the athletes along with their coaches and parents, went through a three hour session with USA Gymnastics Sports Science Staff. The staff includes the USA Gymnastics National Team Sports Psychology Consultant, Dr. Juan Duda, and USA Gymnastics

National Team

Nutrition by:

Dr. Ben

Benardot, for

hundreds of people attended

these seminars

through the

four days of

testing. From this testing, 71 athletes were selected to the National 9-11 TOP Team. The team attended a National TOP Training Camp in Tulsa, Okla.

NATIONAL AVERAGES FOR 9-11 YEAR OLD TOP'S ATHLETES

	9-10	9-11	9-12	10-11	11-12	12-13
Standing Height (in)	53.67	55.51	56.85	59.01	59.77	59.12
Driving Height (in)	22.07	23.10	24.27	25.07	25.25	24.48
Horizontal Flexibility (in)	31.14	31.30	31.51	31.89	32.05	31.72
Knee Leg Spine (in)	4.43	5.39	7.58	7.81	7.40	7.47
100' Long Sprint (sec)	2.75	2.94	3.02	3.07	3.02	3.09
Long Walk (sec)	5.14	5.30	5.36	5.36	5.34	5.38
Pullups (sec)	4.17	4.31	2.47	3.10	3.07	3.19
Pushups (sec)	0.36	0.31	0.31	0.31	0.31	0.31
20 Meter Dash (sec)	4.01	3.97	3.81	3.87	3.75	3.91
Medicine Ball Throw (in)	38.14	34.01	38.03	38.34	38.86	37.73
Medicine Ball Drop (in)	34.85	30.17	36.22	36.00	37.08	37.18
3 Hopping Jumps (in)	141.14	132.0	138.8	135.3	132.0	131.9
Box Step (in) (avg)	8.38	8.14	8.38	8.35	8.24	8.29

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The NRSSAR SYSTEM is currently being used by South Africa's Olympic Gymnastics team in the 1992 Olympics and in 22 countries. There is a 30-day money back guarantee. The garments can try the supports, if they like it, and return for a full refund if they feel it is not beneficial.

It is recommended that two NRSSAR SYSTEMs be purchased, one for each ankle. They can be fit to fit one size.

\$11.95 per NRSSAR SYSTEM plus postage and handling \$2.00. Returns add \$4.00 for each item's postage and handling charges for a total NRSSAR SYSTEM cost of \$15.95. Payment must be made in advance.

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ATHLETIC MEDICAL TECHNIQUE, INC.
1000 Chester Creek • West Chester, PA 19380-1000



CALIFORNIA STATE MEET LEVEL 6 & 7

JAN 13-15, 1995

LEVEL 7 CHILDREN 8-11

1 Melvin Chen	Alhambra Gym.	\$7.00
2 Ryan Veneczel	Alhambra Gym.	\$4.225
3 Lynsay Tolosa	Alhambra Gym.	\$4.125
4 Ora Gersbach	Alhambra Gym.	\$2.925
5 Horace Imai	Alhambra Valley	\$2.800

LEVEL 7 JUNIOR CYRINKS

GYRANTS won first place in the team competition. The children's and ages took 1st, 2nd, 3rd, 4th, 5th and 6th all-around. Meghna Renu (1st), Bhavna Gopal (1st), Disha Shirodkar (2nd), Nidhi Chaitanya (3rd), Sunita Bhakta (4th) and Parag Tewari (5th).



GREAT LAKES GYMNASTICS CLUB BLUE CHIP INVITATIONAL

CINCINNATI, OHIO
OCTOBER 7, 1995

JUNIOR DIVISION

	V A U L T	B A R S	R E A M	F L O O D	A V
Gene Ingberman	8.75 (1)	9.01 (1)	8.65 (8)	9.05 (10)	35.89 (10)
Meghna Renu	8.50 (8)	8.71	7.99	8.16	32.45
Sophia Sampath	8.04 (4)	9.01 (3)	7.75	8.45	34.30 (9)
Lindsey Landell	8.50 (2)	9.28 (3)	8.60 (6)	9.00 (10)	35.35 (6)
Kara Johnson	9.10 (3)	9.01 (2)	9.10 (3)	9.20 (3)	36.45 (7)
John O'Brien	7.76	8.31 (2)	8.15 (8)	8.16	34.05
Archie Ward	8.00 (2)	9.01 (2)	8.70 (3)	9.00 (3)	34.25 (3)
Shelly Werner	9.10 (1)	9.01 (1)	7.20 (5)	9.06 (2)	36.65 (2)

SENIOR DIVISION

	V A U L T	B A R S	R E A M	F L O O D	A V
Nina Winger	8.65 (2)	9.25 (1)	8.55 (4)	9.10 (5)	35.35 (2)
Deanne Sperry	8.00 (2)	8.50 (2)	10.01 (1)	9.11 (2)	34.35 (1)
Leahy Ann	8.40 (2)	9.15 (2)	8.99 (2)	9.23 (1)	34.95 (2)

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ALHAMBRA INTERNATIONAL INVITATIONAL GYMNASTS, headed by Bertha Orvallela, performed at the Alhambra Meet on October 7. They have performed at a number of city functions, at the city parks up to the 1995 Olympic Games. Coach is Billy Polis along with gymnasts: Debbie Morris, Debbie Orvallela, Joann Orvallela, Debbie Koenig, Natalie Way, Amy Koch, Michele Strain, Debbie Lee and Jennifer White.

HART INVITATIONAL—had official results and photos from the competition in USA Gymnastics, Inc., held on November 11, 1994, in Hart, Michigan. Entry 183, registration #14 18223. PWL public high school, college level, area, regional and national competition, basic as private club or strength camp.

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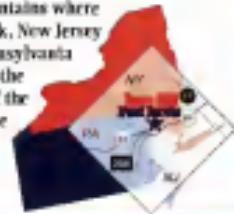
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USA MAINTAINS MEDAL RANKING

DONI THOMPSON

DOMINIQUE
MOCEANU

By Liane Peacock

The USA team was the bronze medal at the 1995 World Championships in Tokyo, Japan October 24-28. Instead Romania and Gruia Gheorghita all the circumstances involved with the team the bronze medal was a major reward for the volunteers and spectators of the US team.

The US lost some of their top athletes to injury prior to the competition...Dominique Moceanu, Amy Chow, and Anna Truskova were unable to make the trip due to a stress fracture in her wrist, Amy Chow who fractured both of her wrists was unable to compete the day due to a sprained ankle. Another top athlete Amanda Borden didn't qualify for the team since she had a toe injury during the National Championships and World Team Trials and wasn't able to compete.

Despite the US team's adequate personnel, Joyce Phelan was recovering from knee surgery, Dominique Moceanu dealing with a foot injury and it was uncertain if she would compete in the team competition. Fortunately Jennifer Thompson was both able to compete and helped to earn the USA the bronze medal.

Jodi Kunkel appeared to up beat saying, "In my 18 years of experience as a coach the world championships was one of the most dramatic that I've been through. Even though Phelan and Moceanu were injured, Gruia Gheorghita, Phelan and Thompson did an excellent job. We had some dramatic moments that I never



thought. This is one of the most incredible exhibitions I've ever seen. All these athletes here made it happen."

May Lee Yang said, "The gymnasts had a strong desire to win a medal at the World Championships. The girls pulled it together. They knew we didn't have several top athletes, but instead of giving up, they rose to the occasion and did a great job to win the medal."

"The most gratifying part of competition for the USA women were in second place behind Romania, while Russia was in third and China fourth. However, the silver medalists, Romania and China, among athletes led by Nastia Liukin, placed both the USA and Russia to take second in the team competition.

The USA team was led by 1993 National Champion, Dominique Moceanu, who took World Champion Sharron Miller and 1992 Olympic and the previous World Championships team member, Amy Chow, back to back from last

attempt to compete in every event but squared their shoulders for the competition on Saturday after completing. Doni Thompson had a strong showing in Tokyo, earning every medal in which she competed. Theresa Gallopin and Cheryl Cook should who earned competitive spots on the team when Drews and Chow withdrew showed strong promise for the future and gained invaluable experience at this competition. Andreea Podeanu was the 83rd finishing swimmer.

LILIA PODKOPAYEVA CROWNED WORLD CHAMPION

LILIA
PODKOPAYEVA



Ukrainian Liliya Podkopayeva won the all-around title, also taking the title in the floor exercise. She scored 59.240 to 59.00. Romania's Oana Muresan earned the bronze with 58.865.

Muresan took the early lead in the competition, after round one, however Andreea Dumitrescu took the lead after round two and Podkopayeva took over after round three and maintained the top score to win the World title.

"I didn't expect to win the gold medal," said Podkopayeva. "This is the happiest moment of my life."

I am happy with my performance today and I thank my coaches from the bottom of my heart."

Markita's 9.825 in her final event was the highest score of the women's event and moved her from fourth place, past Anna and Mcceanu to second place in the competition.

American Bradie: the competition is much influenced by the U.S.'s Dominique Moceanu in fifth.

Moceanu, who turned 16 while at the World Championships, was competing in her first major international meet. She won also the first round up to her last event—beam. Although beam is usually one of Moceanu's strongest events, it was her lowest score (9.625) of the all-around competition. She earned the bronze medal by only .03 width of a point.

According to the July 20, 2000, version of a German newspaper, many are labeling Moceanu as a future star in the sport.

"Coach Randy said, 'I'm very pleased. It came out exactly how I visualized. It's the best thing that could have happened for Bradie since she joined us.'

Moceanu said, "I thought at the end I could hold onto third place but it didn't happen. Maybe next time."

China's Ma Huihan, who had the highest optional all-around score from the beam competition, put herself out of the race in round five when she dislocated her double back element on beam. She ended the competition in ninth place with a 39.764 even with a fall.

The U.S.'s Kerri Strug had the most of her life in round seven in the all-around.

"I'm really excited to meet [and] beat [Ma] the first time. You really had the all-around think in a World Championships and now I'm seventh in the world. I felt more confident at this event than in the past."

Even though World Champion Shannon Miller had trouble on beam, she had a break on her handstand practice and scored 9.825, which knocked her out of the top spots in the all-around. She finished eighth with a 38.268.

MOCLEANU EARN'S SILVER MEDAL

"I just concentrate on my routine. I've got to pull my head out too soon. I don't dwell on what happened before. I'll just come back during team finals and try to do better."

Moceanu scored 9.825 for beam to tie World Champion Rhythmic for the silver medal.

"I'm glad I got a medal," said Moceanu. "It's great experience for me."

JAYCIE PHELPS



"THE GYMNASTS HAD A STRONG DESIRE TO WIN A MEDAL AT THE WORLD CHAMPIONSHIPS. THE KIDS PULLED IT TOGETHER. THEY KNEW WE DIDN'T HAVE SOME OF OUR TOP ATHLETES, BUT INSTEAD OF GIVING UP, THEY ROSE TO THE OCCASION AND DID A GREAT JOB TO WIN THE MEDAL."

—MARY LEE TRACY

SHANNON MILLER



KERRI STRUG



Ma Huihan from China earned the gold with a score of 9.830. Miller earned a 9.727 to tie for fourth with Romania's Alexandra Muresan.

On week 10,

under Theresa Amoruso and Rhythmic Coach, Moceanu earned the gold with a score of 9.761. Romania's Gina Gogean earned the bronze with a 9.700.

Although the U.S. had three gymnasts in the top eight all-around, no one wanted for the all-around went home. Miller scratches due to a foot injury. Strug was unable to compete at the last minute and Moceanu, who was not supposed to compete in finals due to the two gymnasts per country rule, did not have time to warm up in order to result.

On June 26th, Sandra Charkowis originally planned when she scored 9.80 for the gold medal. Ma and Mcceanu tied for the silver medal with scores of 9.827.

Miller took seventh on beam with a 9.722 and Phelps took eighth with a 9.627.

"I was a little conservative on my routines," said Miller. "I'm going to go home and work a few different and maybe some new skills."

Mary Lee Tracy said, "The level of difficulty and execution of barn was outstanding. Japan should be very

proud of herself. We're going to go back to the gym and work on increasing amplitude of our release moves and arch strength."

Gogean earned first on beam with a 9.822 while China's Li Linxi took second and Romania's Sandra Charkowis took third. Moceanu tied for seventh with a score of 9.700.

"I had a lot of energy left the end and I went for hard," said Moceanu.

Miller scratches

due to a foot injury

(continued on page 15
after more news)

MARY LEE TRACY



THERESA KULIKOWSKI

CHINA EARN TEAM TITLE

China's current team, which includes 16-year-old Chen Yibing, is the best. They defeated Japan by more than three points, 383.825 to 351.55. Germany, who finished 18th in last year's World Championships, moved up seven spots to earn the bronze medal with a score of 353.247.

Dmitri Ulyanov said, "There are still lots of moves that we don't know. If we are our full strength we can win everything."

Japan's silver medal was the first medal from World Championships medal since they won a bronze in 1982.

The Russian team was eighth, just three points away from a medal. Coach Valerii Lebedev said, "After many years of hard work we are very happy to be out of the shadow."

Another big story of the competition was Russia who finished in 18th place after comprising. Russia moved all the way from 28th to fourth in the team competition with a score of 352.17. The Soviet Union has earned a total of seven gold medals at the World Championships since 1954. After the breakup of the Soviet Union Russia earned second at the 1994 World Championships. It will take a long time to see this team in this place after compilation.

The USA men who competed at the first leg of their competition due to the drive coming out with a suspension during the competition need of competition. They fit many routines and were competing for the teams to follow. After the competition had concluded the USA set in third place. Coach Peter Kornman said, "This is the best feeling a USA men's team has had since the 1984 Olympic Games when the USA won the gold medal." The USA men proved that they could be competitive in the world of gymnastics.

The USA men who did well in gymnastics is that they scored more than 40 points higher in the team competition than at the 1994 World Championships. Unfortunately they finished ninth, the same spot they finished at last year's World Championships. I would have

thought he was that if we fit him we do taught we would have been in the top ten," said John Rutherford the team captain.

Gauthier Kermorvant said, "The team did well tonight. We had some breaks and we need to improve our difficulty but we made a big step in the competition and we qualified to the Olympic Games."

Air Lynch said, "We didn't perform at the highest level today and that's what we needed."

The team-qualified Rutherford, Glenn Wilson and Lynch into the all-around finals. Mike Rogers is, however, home and Rutherford on rings in the event finals competition.

Other competing nation Germany moved from 18th in last year's World Championships to seventh place. Director Von Riedelbach who was based in their country's national and the team moved from third to fifth. Robert von Alexander Bischak who was injured on high bar during the competition began and injured his back in sixth. Japan had a big lead up from their last year's World Championships to round off year one.



LI XIAOSHUANG WINS ALL-AROUND

China's Li Xiaoshuang won the all-around with a score of 31.935. He selected World and Olympic Champion Patrik Scharf from Austria who scored a 31.935. Russia's Evgeni Garber took third with a 31.738.



Rutherford said, "I qualified with my performance. Glenn Wilson didn't compete today and I'm in, so the score isn't as high. I hope I can compete with him next year and then the all-around will be more exciting."

Mike Schaefer, who also at his home local Zwickau said, "It's a huge good gesture you have to be part of an excuse. That's not good or right."

Schaefer continued saying, "We had a couple of shoulder surgeries and I used to weigh 180 pounds. Nowdays I don't think my rings are as bad as I did last year until the Olympic Games."

Schaefer who finished fourth in the all-around during team spreads, did not qualify to all-around finals since he finished 18th in competition.

Glenn Wilson was the top finisher in the all-around for the USA team. Wilson, who left as his coach became director. Finished 20th with a score of 30.734.

Douglas Hartmann said, "I was Russia's first World Championships. He had only two breaks in 18 routines. He got a break and work a little harder but Glenn did a great job here."

Rutherford won the rings with a score of 15.10. He had two falls, one on floor and one on high bar. Rutherford knew he had to improve his difficulty, especially on horizontal bars and he attempted a double feature double back somersault. Glenn had broken about

two only completed 3 runs and he made it at the 1995 Pan American Games," said Hartmann. "John went off at the end."

Air Lynch finished 30th in the all-around with a score of 30.382. He had one break on parallel bars when he

not down on her chest most frequently. The parallel bars result in typically doing a handstand during flights on parallel bars at the 1992 Olympic Games.

"He was a little early," said Germany's Thomas Kriegerling when he did such a great parallel bars routine like that of all the year.

SCHERBO BREAKS WORLD RECORD

Vicky Scherbo, 1993 World Champion and 1992 Olympic Champion, made North American history by winning the most gold medals. She won the gold on floor and parallel bars with a score of 9.82 and became the second world record holder in each with a 10.0.

This is Vicky's 10th consecutive World Championships to medal on floor and her second consecutive gold medal. Scherbo, who scored a 9.80 on parallel bars with a 10.0 and Ukraine's Svetlana Khorkina took third with 10.0.

Switzerland's Li Baoguo originally from China took first on parallel bars with a 9.72. Baoguo had tied for third on parallel bars at the 1994 World Championships. China's Hong Rong and Japan's Sachiko Hashimoto had tie-second with a 9.00.

Mike Boyle earned a 9.00 on parallel bars to tie for fifth place.

"I was glad not with my routine," said Baoguo. "I didn't expect to medal because my routine is worth a 9.00. I can't help [Hashimoto] because I am very happy that you [Li] have a 10.0 routine."

Italy's Ben Cook was in their consecutive world year in 1990 with a 9.60. Romania's Ionel Florin was second and Bulgaria's Jordan Andonov was third. John Roethlisberger took eighth with a score of 9.02. He said, "It was one of the highlights of my career competing rings finals. That a great team I hope I can do it again. I want now to end the World Championships on a good note."

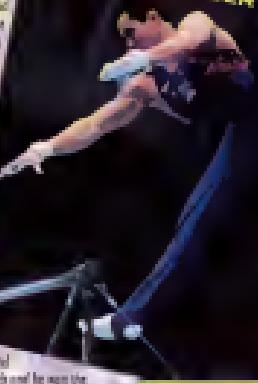
Karen Strassler had performed in 1990 with a 9.70.

On parallel bars Scherbo won by beyond World Championships gold medal in the next three years. She first gold in 1993. China's Hong Rong took second with a 9.70 and Japan's Akira Tanaka took third with 8.72.

Germany's Andrea Wehrle took first on high bar with a 9.85 and Andonov took second with 8.70. There were also tie-four between Bulgaria's Svetlana Khorkina and China's Hong Rong.

1992 WORLD CHAMPIONSHIP RESULTS

JOHN ROETHLISBERGER



WOW

We asked some of the U.S. delegation members which skill or routine at the 1995 World Championships was the most memorable. Here's their list:

KAREN STRASSLER

From her first floor bars, I still went sideways on the beam to a swing down back flip exit. It looks like a German girl to Tel Aviv.

LINDA FORTNER

Russia's Anna Pleshova did an Andonov double front pike invert on floor.

KERI STRUG

The Chinese impressed me because they have originated all of their routines, especially ours, like the Andonov double front pike/kirchoff invert.

ANDREW PICKENS

I thought the U.S. was most impressive, especially how they handled the judges and won the bronze medal.

"THE TEAM DID WELL TONIGHT. WE HAD SOME BREAKS AND WE NEED TO IMPROVE OUR DIFFICULTY BUT WE MADE A BIG STEP IN THE COMPULSORIES AND WE QUALIFIED TO THE OLYMPIC GAMES."

—PETER D'AMICO

MIRAI BAGIU



JAIR LYNOH



Aja Britain Sherkoff's one-and-a-half back pike! Robyn Liver and the fastest women's dance on floor.

PEGGY LUDICK

Uta Pohlmann from Ukraine does a split that looks like dancing in lava—the epitome of proper technique!

KIP SWIMMING

The guy from Russia who did a triple front pike invert off high bar.

JOHN ROETHLISBERGER

Robyn Liver double layout punch back exit on floor.

ELIANE WILSON

Nancy Tokuda's full front pike seems like a high bar.

BRUNA YANKE

Nancy Tokuda goes pike double back on parallel bars.

RON DRAHT

John Newell does a one-and-a-half front pike invert off rings. Also the Chinese pike! Great on high bar.

MIRAI BAGIU

Lygia Falgosa (BRA) triple back on floor in warm-ups.

MAS WATANABE
France's Lapus (FRA) kissassou double back exit on vault.

MARK WILLIAMS

The USA's campionato routine. Jaycie Phelps' Svetlana Okulova's bar square sequence of her difficulty. Also, like Pohlmann's floor routine because of her coloring.

DION THOMPSON

Uta Pohlmann's first handpring double front half-in, on floor.

TERESA KULIKOWSKI

Uta Pohlmann's nachyankende entry roll on floor pike half.

MARY BETH ARNOLD

No Judoka front over the bar and Nancy Bernardo's double layout half-in on bar.

NIKL RESNICK

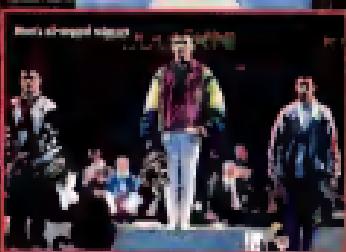
Lydia Charkow's one-and-a-half back to back on bars. She has an interesting arm reflexology. Also Svetlana Yurchenko's don't think you can anything out.

DID YOU SEE THAT!!!



Top Male Performers

Brian's Blaine Wilson and Blaine's Blaine Wilson were the all-around at the IBM Atlanta Invitational on November 17. The meet was conducted in the Georgia Dome, the site of the 1996 Olympic Games' gymnastics competition.



Blaine Wilson won rings and earned the other medal in the all-around, just missing the gold by .25. Wilson said, "I was happy with my performances. I didn't expect to do that well because I've been putting a lot of time in the gym working on new skills, and I didn't have a lot of them to work on prior to the competition. But I'm glad I did well. It was fun and a good experience for me."

Coach Peter Roman said, "Wilson did a great job. He had a small mistake on his floor exercise which kept him from winning the competition. He competed well and it shows that the U.S. men are getting better—Blaine is a good example. There were seven of the three gymnasts in the world at this meet. John Rydahl also did a wonderful job taking silver. He was only about four-tenths out of first place."

By contrast, Michael Phelps also competed in the meet. Phelps earned the other medal on rings.

On the women's side, digital flexions won the gold medal on vault. She said, "I didn't expect to win gold. I was having a little trouble with my vault the weekend of the meet. But it just fit come together during the meet. I was very excited."

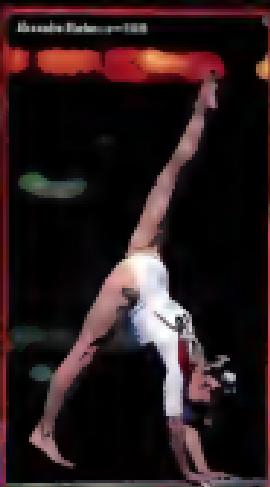
Katie Lohr did a great job on three of the four events, but had problems on vault which dropped her to fifth all-around.

(Look for results on next page)



I DIDN'T EXPECT TO DO THAT WELL BECAUSE I'VE BEEN PUTTING A LOT OF TIME IN THE GYM WORKING ON NEW SKILLS. —BLAINE WILSON

WILSON EARNS SECOND ALL-AROUND





卷之三

晋书·五行志：晋武帝太康元年，有星如豆，出于昴，行度数度，竟不入昴。

WOMEN'S HISTORY

甲戌年

卷之三

卷五

10
11
12
13
14
15

152

卷之三

ANSWER

[View Details](#)



*How does one join forces with
the broader Christian base of the
Synodical movement and its supporters
in continuing to promote and to defend*

卷之三

For more information, contact:

from the BJJ World Championships. I'm riding whip hand, double leg on fire for my mount, a backstepping layout front roll or something, and I did my own chokes and pinned him out. That's in the BJJ style tradition. I'll probably always change a few things in my柔術.

**WHAT WAS IT LIKE COMPETING IN THE
OLYMPIC GAMES?**

I loved the arena. The two were great, it was the first time I had competed in front of such a big crowd. I loved it. I'm still I get the chills, the excitement on the same equipment that will have saved the Olympic Games.

1995 JUNIOR OLYMPIC GROUP CHAMPIONSHIPS

The 1995 Junior Olympic Group Championships for rhythmic gymnastics was held October 14-15 in San Francisco. California State groups participated in this second annual event.

Each group competed the ball event twice on Saturday and once on Sunday. The two scores from Saturday were averaged and added to Sunday's score for the total.

In the Novice division for levels 6 & 7, Greenwich the local host, Scherber Sports Center, was leading after Day 1. However, an inspired performance on Sunday by Creative Gymnastics II, coached by Wylene Stephenson pushed the group from Oregon into first place. Scherber finished second, and California Academy II was third.

Competition was also exciting in the advanced division which consisted mainly of solitaires levels 8-10. Several current National Team members, including Melinda McElroy, Lani Higa and Diana Gossen performed with their club group. The strongest groups, however, were the groups which demonstrated the most synchronicity, fun and clean execution. Houston Illusions I, coached by former USA World Championship Group member



LIMBER DIVERSITY team I and Creative Gymnastics II, Master Studios I and Creative Gymnastics III



SPRING 1995 team I of Melinda's Sports Center, Creative Gymnastics II and California Academy II

Melinda McElroy, dominated the competition. In final individual, Creative Gymnastics II and Creative Gymnastics III took second and third respectively.

Current National Champion, Jessica Davis, was in attendance and presented awards to the top three groups. The competition was closed with entertainment by Russian circus performers Igor and Tatjana Scherbina, local hosts, who are to be commended for organizing a great event.

USA Gymnastics will be introducing the new Compulsory Level 10 through 11 Groups Routine on April 21-22 at the



Johnson/Washington D.C. area following the Junior Olympic Championships. This workshop will teach the fundamentals of group technique along with routines.

Future Rhythmic Group events will include both compulsory and optional routines, allowing the coach to decide which category her group performs best in. Further information about the Group Workshop will be published in Technique magazine or you can call Marc Campbell or Paul Hillier at 317-237-8690.

RESULTS

MOVIES

1. Melinda McElroy, Melinda's Sports Center, Melinda
2. Melinda Sports Center, Melinda's Sports Center, Melinda
3. California Academy II, California Academy, California Academy, California Academy

ADVANCING

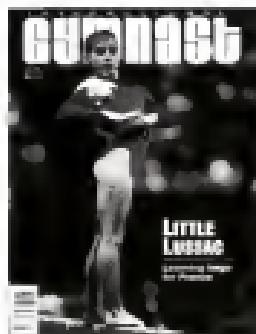
1. Melinda Sports Center, Melinda's Sports Center, Melinda's Sports Center
2. Melinda Gymnastics, Melinda's Sports Center, Melinda's Sports Center
3. Melinda Gymnastics, Melinda's Sports Center, Melinda's Sports Center

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1995 NATIONAL GYMNASITCS FESTIVAL

JULY 7, 1995

SENIOR NATIONALS

1. Diane Jones	9.625
2. Lori Miller	9.625
3. Kristi Morgan	9.600
4. Barbara Johnson	9.588
5. Elizabeth Reid	9.583
6. Linda Fawcett	9.575
7. Amy Reid	9.575
8. Kim Kline	9.575



Roger French

SENIOR NATIONALS

1. Diane Jones	9.625
2. Lori Miller	9.625
3. Kristi Morgan	9.600
4. Barbara Johnson	9.588
5. Elizabeth Reid	9.583
6. Linda Fawcett	9.575
7. Amy Reid	9.575
8. Kim Kline	9.575
9. Debbie Miller	9.575
10. Shirley Johnson	9.575
11. Debbie Miller	9.575
12. Diane Jones	9.575
13. Shirley Johnson	9.575
14. Debbie Miller	9.575
15. Shirley Johnson	9.575

BOLAND BANK INTERNATIONAL CHALLENGE

Gymnast Reagan Tomaszek made her first international trip to South Africa for the Boland Bank International Challenge. She was accompanied by her coach Kelly Hill, and judge Linda Kondon Wood.

There were two competitions in South Africa. The first was in Cape Town, October 27-28, and the second was in Pretoria, November 3-4. Tomaszek did an outstanding job on her first international assignment taking second all-around in both competitions. In the first competition she finished third on vault, second on bars, first on beam, and fourth on floor. In the second competition she finished third on vault, third on bars, second on beam, and third on floor.

CAPETOWN, SOUTH AFRICA

ALL-AROUND

1. Diane Jones	9.6	9.625
2. Lori Miller	9.5	9.588
3. Kim Kline	9.5	9.575

PRETORIA, SOUTH AFRICA

ALL-AROUND

1. Lori Miller	9.6	9.625
2. Lori Miller	9.5	9.588
3. Diane Jones	9.5	9.575



From Left to Right: Clark Daniels, Vito Miller, Anthony Petrucci, Ryan Woggeson, Tom Gatzke, Jason Colman, Freddie Reid, David Ferney, Jason Playl.

USA/CANADA JUNIOR COMPETITION

NOVEMBER 4, 1995

ALL-AROUND

1. Michael Miller	9.0	9.15
2. Eric Stevens	8.9	9.05
3. Kevin Reid	8.8	8.95
4. John Ferney	8.8	8.95
5. Anthony Petrucci	8.8	8.95
6. Tom Gatzke	8.8	8.95
7. Jason Colman	8.8	8.95
8. Matt Daniels	8.8	8.95

TEAM RINGS (NO NON-STANDARD EQUIPMENT)

1. Tom Gatzke	9.0	9.15
2. Tom Ferney	8.9	9.05
3. Eric Playl	8.8	8.95
4. Matt Daniels	8.8	8.95
5. John Ferney	8.8	8.95
6. Jason Colman	8.8	8.95

The young but strong USA team found itself two points behind Canada after the second round of competition. However, in the end, the USA team defeated Canada by more than four points, 264.50 to 252.45.

USA Gymnastics Men's Program Director Ron Colman

said, "The USA Junior Team averaged 1-2 years younger than the Junior Team from Canada. Our guys had a little trouble on floor, but rallied with strong performances on rings and high bar to take the lead for good."

Sean Conroy took first on floor (9.30) and first on vault (9.30). Freddie Reid took second on parallel bars (8.95) and high bar (9.40). Anthony Petrucci took third on vault (9.20). Ryan Woggeson tied for second on rings (9.05). Daniel Ferney took second on floor (9.15) and third on parallel bars (8.84). Jason Colman took first on parallel bars (9.09), tied for second on rings (9.03), and tied for third on high bars (9.20).



All four working up to competition.



GUATEMALA AMISTAD '95 GUATEMALA CITY, GUATEMALA NOVEMBER 2-5

Gymnasts Lisa Conner and Misty Block from Phoenix Sunnys, Delva Mink from SCARS, and Nidia Ann Esparto from Hills Angels made their first international trip to the Guatemala Amistad in Guatemala City, Guatemala. Coach Dan Wittenberg and judge and delegation leader Nedra Nelson rounded out the U.S. delegation.

The USA Team took third behind strong teams from Romania and Russia. Mink finished seventh in the all-around, fourth on beam and fifth on vault. Esparto took 11th in the all-around, eighth on vault and fifth on beam.

TEAM

1. Romania	114.27
2. Russia	110.71
3. USA	108.75

ALL-AROUND

	1. Delva Mink	2. Misty Block
1. Balance Beam	9.20	9.20
2. Floor Exercise	9.20	9.20
3. Rhythmic Exercise	9.00	9.00
4. Vault	9.00	9.00
5. Horizontal Bar	8.80	8.80
6. Pommel Horse	8.80	8.80
7. Rings	8.80	8.80
8. Trampoline	8.80	8.80
9. Double Minis	8.80	8.80
10. All-Around	108.75	108.75

SUBWAY WORLD GYMNASTICS CHALLENGE

Gymnasts Lori Lynch, Kim Stevens, and Alexa Brian, along with coaches Miles Avery and Jan Walker and judges Pam Bachman and Marilyn Cross, made the trip to the Subway World Gymnastics Challenge. The event took place in Hamilton, Ontario, Canada, November 12, 1995.

Brian took 10th in the all-around, Lynch took fifth and Stevens was 11th. Although events were not presented for individual events, Lynch took second on vault, third on pommel horse and fourth on parallel bars and rings, while Stevens took second on rings.

WOMEN'S ALL-AROUND

1. Lori Lynch	10.0	9.20
2. Kim Stevens	9.8	9.00
3. Alexa Brian	9.6	9.00
4. Lori Feltus	9.5	9.00
5. Jen Smith	9.4	8.80
6. Aly Brown	9.0	8.80

CATANIA CUP

Vanessa Adler and Debbie Graham represented the U.S. at the 1995 Catania Cup in Catania, Italy, November 18-19. Coaches Stephen Rykodis and Scott Blair made the trip along with judge Maria DeCasteloro.

In the all-around competition, Adler took fifth and Graham took ninth.

The top six athletes, on each event, with a limit of one per country, were invited to event finals. Adler finished second on vault, fourth on beam, and third on floor. Graham took fourth on bars.

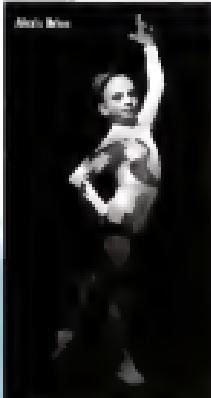
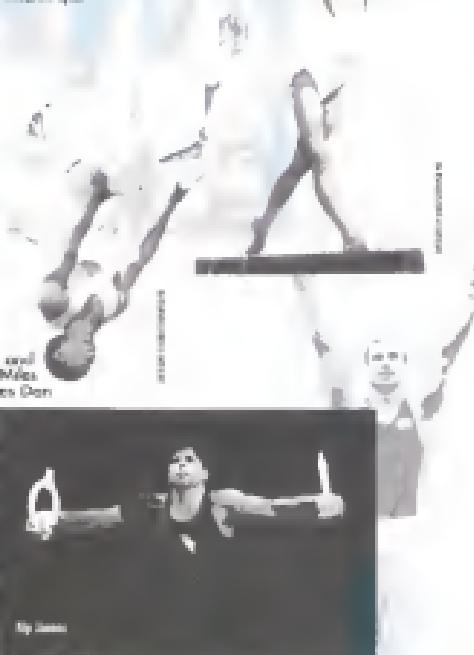
ALL-AROUND

1. Vanessa Adler	9.8	9.00
2. Debbie Graham	9.6	9.00
3. Alessia Izzo	9.4	9.00
4. Giorgia Rizzo	9.0	9.00
5. Anna Di Stefano	8.8	9.00
6. Barbara Gobbi	8.6	9.00

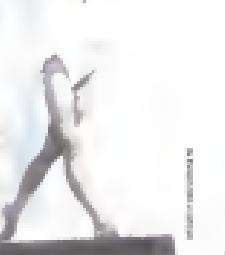
Above right: Vanessa Adler

Right: Debbie Graham

Below left: Izzo



AMERICAN TEAM: ALY BROWN



WOMEN'S ALL-AROUND

1. Vanessa Adler	9.8	9.00
2. Debbie Graham	9.6	9.00
3. Alessia Izzo	9.4	9.00
4. Giorgia Rizzo	9.0	9.00
5. Anna Di Stefano	8.8	9.00

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ROBERT REESE

LINCOLN, NEBRASKA

Robert, 9, attends Greater Lincoln Gymnastics and is a three time regional title holder. Started by Jean Miller and Jerry Brink, the school competing last year and went to the New York State finals. He is looking forward to going to state meet again this year. He loves to eat and high five and smile!



KELLY KATHIC

NAVILLE, ILLINOIS

Kelly, 14, won 1988 National medals and was on Illinois All Star team. Her performances at the 1990 Level 9 State Meet were both fourth and fifth place. At the 1991 Illinois State Games she took second in floor. She has worked for the past two years as the junior coordinator of Northwest Gymnastics, Vernon Hills. Kelly also earned the distinction of M American Coordinator in the summer of 1992.



KIM WISE

GARDEN CITY, MICHIGAN

Kim, 12, became state champion in the 1990, 1991 and 1992 Michigan Regional Gymnastics. She is a level 9 competitor and began to train in the Olympics recently. She works as a cheerleader.



HEATHER PETERSON

SPRINGFIELD, ILLINOIS

Heather, 9, has been doing gymnastics for three years. She loves attending field day tournaments. She is a member of The Springfield Lady Poms and has placed in the 1991 (1992) Nationals in Louisville, Ky. Heather finished fourth in overall individual at home in the Central Developmental Gymnastics Meet.



KAITLIN HARRISON
MANCHESTER, NEW HAMPSHIRE

Kaitlin, 9, of Greater New Hampshire Gymnastics Center in New Hampshire, has won first place all-around in the Level 7 1991 Junior Olympics, State Championships, Middle School, and State Championships in the Junior Olympic State Championships at Levels 5 and 6 in 1991. Kaitlin is a straight A student at St. Johnsbury Academy.



JODI MAXWELL
U.S. MEAS, NEVADA

Inch 10) was fourth all-around in the Spanish Gymnastics in Las Vegas, then she held a record of 24 meets in a row of her own. She also received the President of Physical Fitness Award from her school. She feels the secret to her success is the hard work and love for gymnastics.



**CECANNA
ECKENBERG**
CLAREMONT,
CALIFORNIA

Domino, 13, was first all-around Level 6 1991 State Champion and all-around Level 7 1992 State Champion. She also received Level 1 1990 State Champion, and first all-around Level 5 1992 State Champion. She trains with Charles Bob Miller in Cedar, Calif., and is coached by Jim Mueller and Chris Gordan.



MISTY MCGURK
ED RANCHO, NEW MEXICO

Misty, 14, is a Level IV performer. She attended two State Fair Gymnastics and was created to take Misty. She was named State Gymnast for multiple body millions. Misty's coaches are Vicki, her dad and placed first and fourth all-around. Although Misty's idea of a great life is to have fun for a time, she is investigating to teach her class of competing, as a coach!

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FLYAWAY DISMOUNT ON BARS

PHOTOGRAPH BY JEFFREY D. BROWN

John Welfisch
Coach at North Stars Gymnastics
in New Jersey

A key factor to remember on the flyaway dismount is that the swing develops the rotation—the more swing, the more rotation. On the release, the axis of rotation shifts from the bar to the center of gravity of the gymnast. Flight off the bar is tangential to the point of release—let go early and you have a low flat flyaway; let go late and you hit the bar. Arms (wrists) should be extended in an almost straight line through the head and hips, with the head neutral at release. Hips are tucked under in a "curled" position. The head looks back only after a half-salto is completed, spotting the ground for the landing.

CROSS-COUNTRY COACHING
Please send your coaching stories to the *Freestyle Coaching Column*, c/o USA Gymnastics, 1000 Wilson Plaza, 200 S. Capital Ave., Suite 200, Indianapolis, IN 46226.

DRILLS

STRENGTH

Lever Hold, Hang Leg, Hanging Leg, Body Cork

FLEXIBILITY

Should have good shoulder flexibility to aid in keeping the arms in correct position on the release of the flyaway.

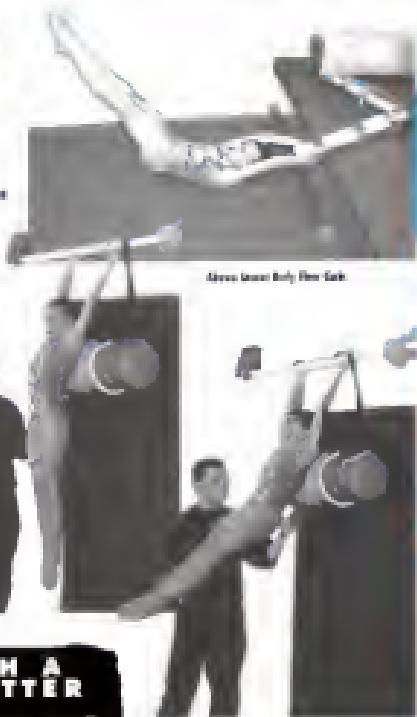
LEAD-UP SKILLS

Lead techniques are a back salto on floor and/or trampoline—head forward and no flexion back. A back pike or transition, or back step-back pattern to feet, is also helpful for armstrong (A). Strength and leg strength, using the pit bar, is also a great idea.



WITH A SPOTTER

From 3-4 correct leg setting, using the word and visualize with a hollow body at the top of the swing. The spotter holds the gymnast to prevent rotation, and uses greatest safety device to hold onto ill-matched men. This drill is good for 8 to 10-year-olds. For older girls, you may want to use a spinning board? Balance at the "top" of the swing (just before it drops) with an arched back and need rotated with your body in a slightly rounded shape. Repeat this to a tucked flyaway with a spot and then eventually alone. Also try using a mat in front of the flyaway.



Above: Lever Hold, Fly Cork.

Above: Hanging Leg, Body Cork.

COMMON PROBLEMS

Front and top sailing in flyaway (spotting the fly); head back too soon (not looking at home or knees on a tuck); the spotter's placement doesn't put arms back behind of leg/knee extensions. Spotter should be ready for this.

1996 WOMEN'S INDIVIDUAL WORLD CHAMPIONSHIPS SELECTION PROCEDURES

December, 1995

I. QUALIFICATION

- A. The 1995 World Championships Individual Finalist will be invited to represent the USA at the Individual World Championships.
- B. Spots slots up to four (4) will be determined from the American Classic.
- C. The American Classic is scheduled in February 1996 in Tokyo, Japan and will be the site of the Individual World Championships.
- D. The all-around score for the American Classic will be determined by averaging the Competitive averages (40%) and Optional averages (40%).
- E. Competitive 10 points will be applied for Uneven Bars, Balance Beam and Floor Exercise. Not all will be the 1994 USA Training Team.
- F. Qualifiers will be from each event. Optional Only Series, provided that the athlete finishes in the top seven (7) in the all-around (combined compulsory and optional) units index.

II. COACH SELECTION

The Head Coach and the Assistant Coach will be determined by the Selection Committee and the President of USA Gymnastics after the team has been determined, based upon the following criteria:

- Proven team leadership ability
- International experience

- Record of achievement in the area

III. COMPETITION LINE-UP

Competitive Line-up will be determined by a vote of the World Championships Coaching staff and personnel involved in administration. Decisions are made by the Head Coach.

Agreed by the USA Gymnastics Executive Committee

1996 WOMEN'S OLYMPIC TEAM SELECTION PROCEDURES

I. OVERVIEW

The process for qualifying for the Women's 1996 Olympic Team involves the following sequence of events:

1. Qualifying for the 1996 East Side National Championships either (a) through the American Classic or the U.S. Classic, or (b) by being a member of the 1995 World Championships Team.
2. Qualifying for the Olympic Trials through the National Championships, and
3. Earning to be the top seven all-around at the Olympic Trials.

II. SCORING

The all-around score for each of the events which form part of the competition (the American Classic, the U.S. Classic, National Championships and the Olympic Trials) will be determined by conducting compulsory matches involving the 40% and optional exercises (including the 60%).

III. 1996 COCA-COLA NATIONAL CHAMPIONSHIPS

- A. Qualification to Participate in the Championships

- 1. An athlete may qualify to participate in the National Championships through the USA East Regional meet and then the American Classic or the U.S. Classic. The American Classic is scheduled for January, 1996 in Tokyo, Japan, and the U.S. Classic is scheduled for May 1996 via a private date to be determined.

- 2. The eight gymnasts who comprise the 1996 World Championships Team automatically qualify for the 1996 National Championships.

- 3. Time and place:
The 1996 National Championships will be conducted in June 5-8, 1996 at Chattanooga, Tennessee.

IV. OLYMPIC TRIALS

- A. Qualification to Participate

The top 14 gymnasts from the National Championships will qualify for the Olympic Trials. In the case of a tie for 14th place, the athlete tying for that place will also qualify for the Olympic Trials. Any athlete whose position is to participate in the Olympic Trials as an addition to the 14 athletes qualified through Championships. In the event an athlete who qualifies for the Olympic Trials from the National Championships is unable to decline to participate in the trials, and as a result the total number of athletes qualifying preferred additional competing in the Olympic Trials, places taken by the qualified athletes will be replaced by alternatives who will be invited to make trials. From among 12 at Championships, there will be no replacement for preferred athletes.

- B. Time and place:
The Trials will be conducted on June 27-30, 1996 in Boston, Massachusetts.

V. SELECTION OF THE OLYMPIC TEAM

The final determination of the seven athletes who will represent the United States at the 1996 Olympic Games will be made at the Olympic Trials. The top seven athletes to rank in order from the combined results

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policy and optional competition will compete for the 1996 USA Olympic Team. If one qualifies to his place on the Olympic Team as a member (see Section VI below), the number of places on the Olympic Team to be selected through the results of the competition at Olympic Trials will be reduced by the number of places granted.

If one of the ten spots granted is not used from National Championships, it may either be the National Championships, or a competitor in a physician approved by USA Gymnastics, and the person's name is not used in National Championships, would still be on the team for Olympic Trials. This would be subject to the all-around results prior to the start of the Olympic Trials. If he later comes from National Championships, removes either the top ten men received all-around scores from Trials, which would mean the scores that are on the Olympic Team.

In the case of a tie for the final spot on the Olympic Team, the tie will be broken as follows:

- First—the higher total of measured compulsory score
- Second—the higher total of measured compulsory score total
- Third—the higher three-measured optional score total

All-around will be eliminated only under the following circumstances if the athlete competes in a physician approved by USA Gymnastics, including:

VI. PETITION PROCEDURES

Understanding the process outlined in the preceding section of these Selection Procedures, USA Gymnastics recognizes that extraordinary and unforeseen circumstances may occur as which would warrant athlete selection deserving of a spot on the Olympic Team to help to make up objects in one or more of the steps in that process. Accordingly, USA Gymnastics will allow athletes to petition USA Gymnastics for the right to (a) participation in the National Championships, (b) participation in the Olympic Trials, or (c) placement on the Olympic Team. The procedures governing such petitions are as follows:

A. Qualification to Petition

1. In National Championships: Only athletes who are members of the 1995-96 Senior Women's National Team may petition to enter the National Championships.
2. In Olympic Trials: Only athletes who were members of the team representing the United States at the 1996 World Championships or who finished among the top eight all-around competitors at the 1994 American or U.S. Classic may petition to enter the Olympic Trials.
3. On the Olympic Team: Only athletes who have qualified by competition or petition for the Olympic Team may petition to be placed on the Olympic Team without participating in or competing in the Olympic trials.

B. Effect of Participation Petitions

1. An athlete who completes competition in one of the qualifying events and does not qualify for the next step of the selection process, may re-submit a petition seeking to be added to the next step of the process. For example, an athlete who competes in the National Championships and finishes 10th may not just file a letter to USA Gymnastics which addresses performance to be added to the Olympic Team.
2. An athlete who submits a petition may not subsequently participate in the competition that was the subject of the petition. For example, an athlete who files a petition to be placed on the Olympic Team, using an extraordinary circumstance which prevents him from competing in the Olympic trials, may not then participate in the Olympic Trials. If he participates, he will be disqualified.

C. Extraordinary and Unforeseen Circumstances:

Before a petition may be granted, the presenting athlete must demonstrate that:

1. An injury, illness or other unforeseen circumstance exists which prevents him from competing in or completing one of the qualifying events; and
2. The petition was submitted as soon as practical after the athlete became aware of the injury, illness or other unforeseen circumstances.

D. Petition Requirements:

1. In order to be considered, petitions must be submitted to USA Gymnastics as soon as possible after the athlete demonstrates his inability to compete.
2. The petition must state the specific injury, illness, or other unforeseen circumstance which prohibits the athlete from participating in the competition.
3. Petition will be handled by the Selection Committee (USA Gymnastics International Coach and the USA Gymnastics Committee Co-chairs, the Athlete Representative and the Women's Program Director) in conjunction with the USA Gymnastics President.

VII. SELECTION OF THE OLYMPIC TEAM COACHES

The Head Coach and his assistant Coach for the 1996 Olympic Team (one of whom must be a woman) will be selected immediately after the final Team Selection by the Selection Committee based upon the following criteria:

- Present team leadership ability
- International experience
- Number of athletes on the 1996 Olympic Team
- Fulfilling the necessary criteria established by USA Gymnastics, including:
 - professional record in goal setting
 - current USA Gymnastics Safety Coordinator
 - extended National Team coaching records for watershed and psychology education

VIII. REMOVAL

An athlete or coach may be removed from the Olympic Team or from any step of the process for selecting the team, if he/she violates the terms of the USA Gymnastics National Team Agreement (as set out in the athlete's Olympic Team Contract) (agreements in the case of the coach including the Code of Ethics incorporated in each Agreement). An athlete may also be removed from the Olympic Team at the event of injury or illness which inhibits performance of the Olympic Team. Verification of injury or illness will be by the medical doctors selected by USA Gymnastics and approved by the United States Olympic Committee. An athlete whose physical condition is reported to the team of the coaches and does not agree to return to an examination of his/her injury or medical condition by doctors selected by USA Gymnastics and approved by the United States Olympic Committee. Removal may only occur by reason of the violation of USA Gymnastics rules, communication with the Selection Committee and an interview with the athlete and their coach. Any decision to remove an athlete or coach is subject to review through USA Gymnastics Governance procedures.

IX. ACKNOWLEDGMENT

These Selection Procedures in their basic content and approach by USA Gymnastics and the United States Olympic Committee. Each athlete and team participating in the process for selecting the Olympic team is advised to review these Selection Procedures. But understanding that agreement is reflected by the signature of the athlete and coach witness of these Selection Procedures.

X. SELECTION OF THE OLYMPIC TEAM COACHES

The Head Coach and the Assistant Coach for the 1996 Olympic Team (one of whom must be a woman) will be selected immediately after the final Team Selection by the Selection Committee based upon the following criteria:

- power team leadership ability
- international experience
- number of athletes on the 1996 Olympic Team
- fulfilling the necessary criteria established by USA Gymnastics, including:
 - professional record in goal setting
 - current USA Gymnastics Safety Coordinator
 - extended National Team coaching records for watershed and psychology education

1996 MEN'S INDIVIDUAL EVENT WORLD CHAMPIONSHIPS SELECTION PROCEDURES

April 9-16, Puerto Rico

I. TEAM SELECTION

1. The 1996 Winter Cup Challenge to be held February 3-9 will be used as the qualifying competition for the 1996 Individual Event World Championships.
2. Individual event winners, and the six highest finishing all-around winners, using optional scores with Men's Program Committee set of requirements, will be the 1996 Winter Cup Challenge and will be invited by the Men's Program Committee to compete in the 1996 Individual Event World Championships.
3. The top twelve all-around winners, based on rank after all-around scores only from the 1996 Winter Cup Challenge, will be invited to participate in the 1996 Individual Events World Championships.
4. Competitors in the 1996 Winter Cup Challenge will qualify to compete once they in preliminary Winter Cup Challenge qualifying procedures. The Winter Cup Challenge will offer 16 slots with the Men's Program Committee responsible for the selection of the 16 competitors. All competitors will be invited by the Men's Program Committee to compete in the 1996 Individual Events World Championships.
5. Athletes in the 1996 Individual Events World Championships Team will only be in eight from athletes who finished the top 16 all-around or qualified for Individual certifications at the 1995 World Championships. Athletes should be educated and reviewed by the Men's Program Committee by February 1, 1996 to within 15 hours of the conclusion of the Winter Cup Challenge or the event of an injury or unexpected situation which occurs at that competition. Athletes must be completed by the first week and include a doctor's statement or explanation of emergency or unexpected situation. Athletes who are selected late or in an unexpected form will be informed. All athletes are subject to the Men's Program Committee approval.
6. An athlete may be removed from the World Championships Team as a result of an injury or illness which inhibits performance of the World Championships. Verification of injury or illness will be by two medical doctors selected by USA Gymnastics and approved by the United States Olympic Committee. Removal may only occur by reason of the violation of USA Gymnastics rules, communication with Men's Program Committee, USA Gymnastics Men's Staff and an interview with the athlete and coach.
7. **COACHES SELECTION**
8. The head coach for the 1996 Individual Event World Championships will be the 1996 Olympic Team Coach available if the 1996 Olympic Team Coach is not available then the second place coach of the 1996 Individual Event World Championships team members will rule to determine the head coach. The Men's Technical Committee will rule for the head coach only in the event of a tie.
9. The 1996 Individual Event World Championships Assistant Coach will be named by the Head Coach at the conclusion of the TPM Winter Cup Challenge.
10. The second personnel position of the 1996 Individual Event World Championships team members will be involved in all phases of the planning and interpretation except in those areas where particular questions may be resolved by PC regulators.

III COACHING STAFF DUTIES

A. Head Coach

- The training plan for the World Championships team will be developed by the Head Technical Committee and World Championships Head Coach through consultation with the pastured members of the National Team, and will follow Men's Program Committee guidelines for using the program's assets. The Head Coach has the responsibility for modifying the training plan as needed after a consultation with the program committee of the World Championships team members and the Head Technical Committee.
 - Work with the personnel coaches and the Head Technical Committee to establish the 1996 World Championships team lineup in the event that a participant's point is awarded from the USA Gymnastics Head Technical Committee will make the final judgment.
 - Be responsible for following of USOC, IOC, USA Gymnastics, and APEFE guidelines regarding areas of the World Championships team including, but not limited to, schedules, logistics, accrediting, professional policies, and public relations.
 - Assistant Coach
- It is the duty of the Assistant Coach to provide logistical and administrative support in all areas to the Head Coach.

1996 MEN'S OLYMPIC TEAM SELECTION PROCEDURES

I. OVERVIEW

The process for qualifying for the Men's TTM Olympic Committee Team involves the following:

- qualifying for the Olympic Trials through the Cross-City National Championships
- finishing among the top 7 gymnasts using a combined total with 40% of the total score from Championships and 40% taken from the Olympic Trials.

All athletes who participate directly in the Olympic Trials will have their scores counted as 100% of their total. He reason for awarding a third of each of the scores based on the Olympic Trials is greater than both the other approach (Final Total score and the other approach 40/40) and the Cross-City approach and the final trials.

II. GENERAL INFORMATION

A. Scoring

The 100% method uses the ends of the events which are part of the selection process (the National Championships, and the Olympic Trials) to be determined by combining their respective percentages in a manner of 40% and option maximum (scoring for 100%).

B. Athletes

Athletes to enter the National Championships or the Olympic Trials either through the competitive process described, will be considered by the Men's Program Committee. In order to be considered by the Men's Program Committee, athletes to participate in the National Championships or the Olympic Trials, must be selected as writing to USA Gymnastics. National Trials of the same and other known names of their industry as participants, or coaches in the applicable categories. The parties must state the specific category (men's and women's) which problem of the athletes being participating in the competitive process. In the case of a person based upon an injury or illness, the person must be accompanied by a physician's statement and the name and address of that injury or illness is subject to verification by medical doctors selected by USA Gymnastics and approved by the United States Olympic Committee. Under no circumstances will an athlete who does not compete at the Olympic Trials be admitted into the Olympic Team.

IV. 1996 COCA-COLA NATIONAL CHAMPIONSHIPS

A. Qualification to Participate in the Championships

- An athlete may qualify by competing National Championships through USA Gymnastics qualifying competitions
 - Qualified members of the National Team from the 1995 Winter Cup Challenge will automatically qualify in the 1996 National Championships
 - Date and Place
- The 1996 National Championships will be conducted at June of 1996 in Louisville, Kentucky.

IV. OLYMPIC TRIALS

A. Qualification to Participate

- The top 14 finishers from the 1995 National Championships will qualify for the Olympic Trials. In the case of a tie for the Olympics the athletes tied for the place will each qualify for the Olympic Trials. Any athlete who qualifies into the Olympic Trials will be in addition to the athletes qualified through the Championships.

B. Date and Place

- The Trials will be conducted on June 17-19, 1996 in Boston, Massachusetts.

C. Selection of the Olympic Team

- The top seven athletes to make up at the conclusion of the Olympic Trials will represent the United States in the 1996 Olympic Games unless otherwise stated in the provisions stated in section V. The top 10 finishers for the following:

- Highest weighted all-around compulsory score from the Final Trials;
- Total of best four scores from the compulsory competition of the Final Trials;
- Total of best four scores from the compulsory competition of the Final Trials.

V. SELECTION OF OLYMPIC TEAM COACHES

The head coach will be selected at the 1995 National Championships by the USA Gymnastics Head Program Director, reviewed by the NRC, and approved by the President of USA Gymnastics. Involvement in the following areas:

- Promotes team leadership, stability, intergenerational cooperation, and
 - Ability to communicate to the athlete and fellow coaching staff.
- These additional coaches will also be selected by the Head Olympic Coach, reviewed by the NRC, and approved by the President of USA Gymnastics. The Olympic Team Head Coach and the Head Coach will also be selected to a National Camp training camp, as a member of the 1995 National Camp team.
- Using one of the men [10-15] athletes selected to attend one in two training camps.
- Using one of the athletes selected to attend the extended training camp.
- Using one of the athletes selected at the conclusion of the Olympic Team Trials.

VI. BENEFITS

Athletes to enter the National Championships or the Olympic Trials either through the competitive process described, will be considered by the Men's Program Committee. In order to be considered by the Men's Program Committee, athletes to participate in the National Championships or the Olympic Trials, must be selected as writing to USA Gymnastics. National Trials of the same and other known names of their industry as participants, or coaches in the applicable categories. The parties must state the specific category (men's and women's) which problem of the athletes being participating in the competitive process. In the case of a person based upon an injury or illness, the person must be accompanied by a physician's statement and the name and address of that injury or illness is subject to verification by medical doctors selected by USA Gymnastics and approved by the United States Olympic Committee. Under no circumstances will an athlete who does not compete at the Olympic Trials be admitted into the Olympic Team.

VII. APPROVAL OF THE CONSENT TO COMPETE IN THE OLYMPIC GAMES

PROCEDURES

These Athlete Participation forms have been endorsed and approved by USA

Gymnastics and the United States Olympic Committee. Both entities and each participating in the process for selecting the Olympic Team as outlined in their Athlete Participation form, have mutually agreed, understood and agreed to do so based on the terms of their Presidents. Their understanding and agreement is reflected by the signature of the athlete and coach on copy of their Athlete Participation form.

ACKNOWLEDGMENT

Symon/Tell

President/Chairman of Athlete is 10 years of age of youngest/Gold

1996 RHYTHMIC GYMNASTICS OLYMPIC TEAM SELECTION PROCEDURES

I. OVERVIEW

The Rhythmic Gymnastics Olympic Competition will consist of two events—individual and group. The selection procedures for the two events are different.

The process for qualifying for the Rhythmic 1996 Olympic Team is the following competition involves three steps:

- qualifying for the National Championships through one of the qualifying events;
 - qualifying for the Olympic Trials by finishing among the top eight (8) gymnasts at the National Championships;
 - finishing among the top ten (10) gymnasts at the Olympic Trials.
- The process for qualifying for the Rhythmic 1996 Olympic Team is the group competition involves four steps:
- finishing among the top qualified within 1995 National Championships; an athlete who previously participated in a National Camp training camp, as a member of the 1995 National Camp team;
 - using one of the men [10-15] athletes selected to attend one in two training camps;
 - using one of the athletes selected to attend the extended training camp;
 - using one of the athletes selected at the conclusion of the Olympic Team Trials.

II. OLYMPIC TEAM—INDIVIDUAL COMPETITION

A. Qualification to the 1996 National Championships

- Each athlete must of 18 years old is a registered athlete member with USA Gymnastics, and a minimum of 12 years of age in 1996.

- Qualification to the Rhythmic Gymnastics National Championships is through ten qualifying events which are open to all Level 1 and 10 rhythmic performers in the United States and are scheduled to take place in 1996.

- The 1995 World Championships athletes will automatically qualify later the 1996 National Championships.

- The Rhythmic National Championships of take place in New Jersey, 1996

- Based on the top ten (10) All-Around results from the 1995 National Championships, the top eight (8) senior gymnasts including very eight place tied and qualify into the Olympic Trials.

- Olympic Trials
 - The Rhythmic Trials for the 1996 Olympic Games will be held in Boston, Massachusetts.
 - Competition of the trials will be a two day all-around competition, with male gymnast competing five events per day.
 - The judging panel will consist of one (1) USA Gymnastics. The selected judging panel of registration will be followed.

- Team Selection: The Rhythmic Gymnastics Individual Olympic Team (20 athletes), will be chosen by coach who has signed a contract with USA

SELECTION PROCEDURES

final score from the two days of all-around competition.

PATRON

3. Patron to enter the Olympic Trials will be occupied for a limited number of competitors in each of the National Championships because of entry limits, or unusual circumstances.
2. Patrons are limited to the top four 1994 nationally ranked gymnasts based upon results from the 1994 Rhythmic Championships.
3. All injury or illness petitions onto the Olympic Team must be submitted by a licensed MDC physician.
4. Based upon the physician's report injury or illness petitions will be accepted or denied by the Rhythmic Program Committee which includes an elected committee representation. Petition, submission be it one of unusual circumstances will be accepted or denied by Rhythmic Program Committee.
5. An athlete accepted onto the Olympic Team by petition will be in addition to the eight athletes who qualified through the National Championships.
6. If a qualified gymnast is not able to compete in the Olympic trials due to injury or illness, or cannot compete for Olympic trials because of injury or illness they may petition to be accepted to the national Olympic Team meeting only if the sum of the top two (2) USA nationally ranked gymnasts from 1994 Rhythmic Championships are one of the top two (2) USA nationally ranked gymnasts from the 1994 National Championships.
 - a. The injury or illness must be verified by a medical doctor approved by the National Gymnastics Committee.
 - b. As an original petitioned gymnast unable to compete or complete the Free Team shall have his Olympic Trials ranking status determined by using 100% of the total valid all-around (May 20) awards (3 to 6) and 8 auxiliary scores from the 1994 National Championships.
 - c. If the all-around scores of a petitioned gymnast places her in a position for Olympic Team membership, verification of health status will be required from a USA approved physician before general assignment officially named to the team.
7. The 1994 Olympic Team—Individual Competition will be selected immediately following the Olympic Trials competition according to the basis of a petition in the preceding section.
8. A one week mandatory training camp will be held for the gymnasts immediately prior to departure for the Games. Housing schedule will be determined by the host.
9. If an athlete who has been named in the Olympic Team is injured in or prior to the Games and still injury or illness requires the athlete to withdraw from the team, the replacement will be the next ranked athlete from the trials.
10. Athletes will be assigned to start positions at the Olympic Games according to rank after the trials.

L. REMOVAL:

1. An athlete may be removed from the Olympic Team or from any step of the process for failing the Team Test and where violates the terms of the USA Rhythmic National Team Agreement (including the Code of Conduct incorporated in that Agreement).
2. Removal may only occur by action of the President of USA Gymnastics. After consultation with the Group Head Coach, the Rhythmic Program Director, and an interview with the athlete.

III. OLYMPIC TEAM— GROUP COMPETITION

a. Qualification to the Olympic Games Training Camp

1. Application for training camp:
 - a. All athletes need to be USA members, registered officials members with USA Gymnastics, and a minimum of 15 years old to 1994.
 - b. Application is open to all (not F-10) level rhythmic gymnasts who qualified in the 1994 National Championships and all athletes who were previously

invited to a National Group Training Camp.

2. All athletes need submit a written application.
3. Invitations are to be communicated by June 1st each year.
4. All athletes must have passed/passed permission to participate.
5. All 1995 Group National Team members will automatically qualify.
6. The Olympic Head coach, in conjunction with the rhythmic program director, will locate a maximum of fifteen (15) and a minimum of ten (10) girls to attend one or two group training camps in the fall of 1995.

IV. GROUP TRAINING CAMP (November 14-20 1995)

1. During the camp, all athletes will learn the skills and characteristics of the Olympic Games USA group routine.
2. Based upon skill, synchronization ability, consistency, attitude, and team spirit a maximum of eight (8) athletes will be selected by the Group Head Coach, assistant head, and one non-participating athlete representative in the Olympic Games Group Training Team.

F. PATRONS

1. If an athlete is unable to attend the November training camp because of injury, illness, or extenuating circumstances the gym may petition onto the learning lesson.
2. The petition will be reviewed and approved or rejected by the Group Head Coach, assistant head and the relevant supervisor who attended the November training camp.

V. OLYMPIC GAMES TRAINING TEAM (July 1-August 4, 1996)

- The Olympic Games Group Training Team will serve to prepare the team for the Olympic Games presentation.

VI. IF AN ATHLETE WHO HAS BEEN APPROVED TO THE OLYMPIC GAMES TRAINING TEAM IS UNABLE TO ATTEND:

1. The athlete who has been approved to the Olympic Games Training Team will serve to prepare the team for the Olympic Games presentation.
2. If an athlete who has been approved to the Olympic Games Training Team becomes injured or ill in the opinion that the coach feels proficiencies fully as a member of the team, and this is determined by a USA approved physician the athlete will be sent home.

VII. OLYMPIC TEAM (June 23-24, 1996)

1. The Olympic Games Group Training Team will perform in the Rhythmic Olympic Trials in Denver, Colorado.
2. At the trials competition the Head Coach, in consultation with the second coach, and one non-participating athlete representative will name the Olympic Team for Group Competition (3 athletes) and the non-competing USA Rhythmic Group athletes (2 athletes).

3. If an athlete who has been approved to the Olympic Team injures himself prior to the Olympic Games and still injury or illness requires the athlete to withdraw from the team, the replacement will be one of the two remaining USA Rhythmic Group athletes.

H. INJURED:

1. Athletes may be removed from the Olympic Team if from one day of the process for violating the laws of God which violates the terms of the USA Rhythmic National Team Agreement (including the Code of Conduct incorporated in that Agreement).
2. Removal may only occur by action of the President of USA Gymnastics after consultation with the Group Head Coach, the Rhythmic Program Director, and an interview with the athlete.

IV. THESE PROCEDURES HAVE BEEN APPROVED BY THE RHYTHMIC PROGRAM COMMITTEE:

- Caron Franklin, Technical Representative
Barrie Johnson, USA Gymnastics Board of Directors
Barbara Schmid, FIG Technical Committee
Laurie Goldfarb, Coach Representative
Penny Williams, Athlete Representative
Hercy Lamphier, Rhythmic Program Director (not voting)

V. THESE PROCEDURES HAVE BEEN APPROVED BY THE USA GYMNASTICS EXECUTIVE COMMITTEE

VI. PUBLICATION:

- The Olympic Games Group Selection Procedures will be published in the April 1st 1994 issue of USA Gymnastics magazine and distributed to all qualified athletes from the 1994 National Championships.

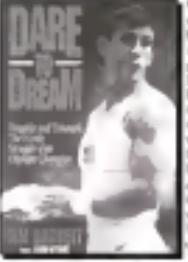
Get into the Spirit of the Games!



This biography about the first American ever to win the World Champion title includes many color photographs and anecdotes of success by Kim and Diane Karsky.



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MIKE MORGAN

MAKING A MOVE

FUN FACTS

By Laura Puskas

Mike Morgan began gymnastics when he was four years old. "I had a lot of energy, and my parents didn't want me to hurt myself," said Morgan. "I was flipping around on my bed, so they decided to put me into gymnastics."

Morgan started at Queen City Gymnastics when the gym was just implementing a boys' program. "He went from handstands all the way through our program," said coach Barth Petitt.

In 1991 Morgan took 15th in Class II Nationals. In 1992 he took 5th, and in 1993 he moved off the way to fifth-ranked in Class III Nationals. In 1994 Morgan skipped Class I and became elite. At the 1994 Coca-Cola National Championships he won the Junior Division, taking 12 for 12 routines. He went on to win the Jr. Pan American Games in Monterrey, Mexico, that same year.

By 1995 he was ready to make his move. He was the only junior competitor to qualify for the senior division at the Coca-Cola National Championships. He finished 36th all-around in the senior division, and just missed

making the Senior National Team. However, Morgan's score was the top score in his age group, so he was placed on Team 2000.

"For what I did I feel pretty good," said Morgan. "I wasn't expecting to be much higher than 30 or 21 but I had two falls—one in competition and one in practice."

Morgan then moved from his hometown of Cincinnati to Queen City Gymnastics in Columbus, Ohio, and then West Side Gymnastics. "West Side has been a big help," said Morgan. "At Queen City Gymnastics I was with a lot of young guys. Now I'm with a lot of guys at the elite level. It helps to push me harder. However, Keith and Mike [Whelan] made me who I am today. I would not be where I am right now if it were not for them. I appreciate all they've done for me."

Petitt returned the compliment saying, "He's a very easy kid to work with. He's also very smart. I think it's hard to be the first kid to come from a program and do well. It should open the doors for a lot of other guys."

Morgan would like to pursue a career in pre-clinical engineering or architecture. His interests playing sand volleyball, taking and rollerblading in his spare time.

Name: Mike
Nickname:
Birth Date:
School:
Teacher:
Turner Club:
Teacher:
Family:

Cincinnati, Ohio
Cincinnati, OH
February 2, 1977
Ohio State University
Peter Karmann &
Mike Avery
Queen City Gymnastics
Keith Pettit &
Mike Whelan
Mike's mom and dad
are very supportive.
He also has a 16-
year-old sister, who
is involved in the
marching band

He's a very easy kid to work with. He's also very smart.

I think it's hard to be the first kid to come from a program and do well. It should open the doors for a lot of other guys.

—Keith Pettit

Queen City Gymnastics

INTERESTING NOTES

GOALS IN GYMNASTICS

My short term goal is to improve my competitiveness, especially since the Olympic Trials are coming up. My long term goals include competing at the Olympic levels and helping USA win the

NCAA Championships. My long term goal is the 2000 Olympics and making a World Champion's Trophy Team.

Coach Peter Karmann said, "Mike is a real upper class gymnast and has a lot of fun on each event. He has a high level of difficulty and is exciting to watch. He reminds me of a young Ron Golkow. Mike should do really well in the future. He's on Team 2000 and that's a really good timeframe for him."

COMPETITION RESULTS

- 1193: Cover-Girl National Championships, New Orleans, La.; 1st-All (Beam 2nd); 18-and under
- 1194: Jr. Visa American Cup, Montgomery, Mexico; 1st-All, SG, V & T; Beam: 1st-Ex
- 1194: Cover-Girl National Championships, Nashville, Tenn.; 1st-All (Beams Divisional)



MIKE MORGAN

"I had a lot of energy, and my parents didn't want me to hurt myself. I was flipping around on my bed, so they decided to put me into gymnastics."

Alpine Gymnast have experience with upper-level gymnasts as well as the ability to assess beginner classes. We have a comprehensive gymnastics program which works on reflexes, coordination, can work well with boys and girls alike. We're looking for GRADUATE GYMNASTS (16-18 yrs). The salary is negotiable based on experience. Please send your resume to: Gymnastics School of Greenwich, 116 N. W. Newbury Street, Boston, MA 02116 or fax us at (617) 461-5155.

GYMNASIUS INSTRUCTORS Trapp-Zimmer Camp, outstanding year-around girls summer camp in Poland, Maine needs Director of Gymnastics Program and instructors. Competitive individuals with experience teaching gymnastics to beginners through advanced students. Knowledge of weight training and nutrition essential. Position includes salary plus travel allowances, and食、旅費、食費、宿泊費、訓練費。For applications, information and interviews call 1-800-951-1947 or 1-800-584-1758.

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GYMNASIUS INSTRUCTION, 16-year-veteran owner, Beautiful White Mountains of New Hampshire. Run program for 130 girls. Gymnastics building and equipment. Also have experience. Highly competitive staff. Director of Finance, Director, Business Services, June 14 to August 15. Camp Wolf Whistler BG, P.O. Box 5934, Andover, NH 03751 or call 1-800-437-4282.

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GYMNASIUS DIRECTOR AND INSTRUCTORS. Private summer camp for girls located in Western Massachusetts seeks a Director and Instructors for comprehensive gymnastics program for campers ages 7-15. Beginner Advanced classes. Facility includes spring floor, beam, uneven, vault, ball and ring. Competitive salary, room and board, meal allowances. Contact: Camp Bonita, 17 Washington Street, Northampton, MA 01060, 1-800-382-3132. Program runs June 18-August 14, 1994.

GYMNASIUS COACHES. Experienced, qualified coaches needed for CAMP LILY CAMP in the beautiful Adirondacks. Numbers of Boys, 2-12 years from NYC or Boston. Weekend program. Fantastic, friendly camp atmosphere. Call now at: (516) 337-1018, 10 W. 46 Street, New York, NY 10036. 1-800-327-9649.

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HIGH LEVEL COACH INSTRUCTORS Lakewood Gymnasium wants some top refs for levels: ages 7-11. Strength, power, fitness, equipment. Requires stability through advanced. Gymnastics classes closed with doors. Programs: competitive, optional skills, posture development, measurable achievement, visual knowledge of 2000 fundamentals, optional skills, practical knowledge of competency levels, ability to demonstrate, spot floor to teach classes. Sense of fun, love of children, substantial voluntary record. College implements and eq., references available. Opportunity to teach often off-site, own waterfront activities, 6/7-7/23, two months. Expenses, fax to: 302, Lakewood Gymnasium, 83390-6337, 411-711-2829.

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GYMNASIUS COACH, private residential camp by parkway. Outstanding facility, costs ridiculous, gymnastics staff qualified in floor, beam, team and routine. Competitive athletes, students and coaches, 16 years and older. Professional opportunity to expand your teaching/coaching skills. Full time faculty, excellent support/supervision, using community academic school available. Non-residents only June 13 through August 14. Contact: Lakewood Camp For Girls, Lake Murray, PA 16117, 724-536-1100 ext. 100 617-6117.

Gymnastics Director location: Boston needed for co-ed camp related program in Fremont, CA. Qualified candidates must possess ability to work with preschool through advanced levels and supervise staff of approximately 15 volunteers. Position requires about 30 hours per week with additional hours available in other recreational programs. Please send resume to: Karen Wallin, Stamford Bridge Gymnastics League, 1628 Crystal St., Belmont, CA 94028, fax to: 415-614-4727. Or via e-mail: kwallin@pacifier.com. Belmont, CA 940-4800.

Looking for an Optional Girls Coach. Must have experience in working with Level 10 and older. Must be a Christian with a good attitude and be willing to compete. Coaching fees a plus but not necessary. Pay is negotiable. Send resume and call after 4:00 p.m. Eastern Standard Time, Monday through Friday after June 1, 1994, 1120 1/2 Somerside, Hanover, Ohio 44233, (314) 477-3800.

GYMNASIUS COACHES IMMEDIATE POSITION AVAILABLE. Female with or. Ability to work with boys and girls & plus. Must be positive, energetic, reliable and energetic with strong spotting skills. Full or part time positions available. Competitive pay or benefits based on experience. Also teaching experience (All-Ages) DESIRABLE. COACHES. Please send resume to: Rockwood Academy of Gymnastics, 8417 River Bend, Durango, MO 65612, (417) 544-1337.

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Send us the male coach. Please send resume to: Mike Research, 5501 Gamma Road, Falls Church, VA 22043. Call for more information: (703) 233-3888.

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Barbara Hobson and her husband are looking for coaching positions in America. Hobson, ex-Motors ex-sheriff commonly called, was a member of the 1976 and 1980 Soviet Olympic teams. She was track & field World Cup in 1987 and 1988. As a coach, for young girls her-hands-on-experience Hobson and her husband are currently best coaches at the Santa Gymnastics Club in Lakewood, Northern California. Interested parties please contact: Mrs. Hobson at: P.O. Box 222975, Compton, CA 90222-2975 or by fax at (424) 429-5291.

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CHALK TALK

DEAR MARY LOU KETTON,
I'm a Level 5 gymnast and compete.
Our session is about an hour. I have
most of my routines down except
bars. I'm having trouble staying on.
Telling off bars or what's keeping me
from going on to Level 6. Do you
have any pointers?

Love Rogers,
Lincoln Park,
New Jersey

Dear Lois,
Concentrate! That's why it is the key
to doing well on bars. You need
to never relax from what
you're doing or performing. All Pi
tucks is for a small dip in concentra-
tions and you're off the beam.

DEAR JOHN ROTHUIS/REEDER,
I'm 10 years old and a Class D
gymnast at Total Cup
Gymnastics. How long have you
been training for the Olympics?
Is it hard to train so much?

Ryley Henry
Athapascogee, New Mexico

Dear Kyle,
I've been working in gy-
mnastics since about age 7
but I decided my goal was
to be in the Olympics since
I was about 13 years old. I
think it's definitely worth
the sacrifice. I competed in
the 1992 Olympics and it
was the greatest exper-
ience of my life.

Dear Matt,
I didn't start gymnastics
until I was 9 years old. I
was probably about 10 or 11 when I learned a
giant, day trick for the first time. It
was very cool. The important thing is to have good
habits and listen to your coach. The habits may
seem boring, but in the long run they will help
you get the skill faster.

Mary Lou Retton is part of ESPN's new
national print and TV advertising
campaign. Here's the print ad, and
here's to ESPN to see the commercial
featuring our own
Mary Lou!

DEAR MARY LOU
KETTON:
I'm writing this letter
for my school project,
which is on you. What
are your favorite
facets? What is your
favorite sport other
than gymnastics?
Katie O'Rourke
Harrison, Minnesota

Dear Katie,
My favorite facets are
even knee pads and my
staples. My favorite
sport are weightlifting
and rock climbing. Good
luck with your project.

DEAR MIHAL BAGCI,
I think you're very smart. Do
you really want to do someth-
ing else? George
Cinnaminson, Ohio

DEAR MARY LOU KETTON:
I'm 10 years old and in Level
5. I have gymnastics from 7-8
not very much, and I feel
too old for my body. What
should I do?
Concerned Gymnast,
Evanston, Illinois

Dear Concerned,
I was not a flexible person either, so I
had to work twice as hard on stretching
and flexibility than anyone else on my
team. I would also stretch at home
while doing homework or watching TV.
Don't worry about pain now and what
level you are competing. The most
important thing is that you are having
fun. Each person learns at a different
pace. Keep working hard and I'm sure
things will fall into place.

DEAR ADAM:
You have to be flexible to do
this sport. Splits are only stretch
your legs but they also help prevent
injury by making your body
more limber. My suggestion is to
work on your flexibility while
watching TV at home, while at
the gym, and any other time you
have the opportunity. Eventually
you'll be flexible enough so that
you won't need to work an
split all the time, but just
believe practice to stretch out.

Students at Fairview
Doubt Academy in a community near Atlanta, were
interested about the
Olympic games and asked
Michael Gitterman, a
young man chosen the
USA's gymnast on to repre-
sent at the 1996 Olympic



HEY!

ANNE SPERBER

FUN FACTS

- The 100 men's team arrived in Japan on September 11, two weeks prior to competition in order to train in the environment and get acclimated. That pre-arrival practice paid off dividends and other nations in their first event each day.
- A record number of 32 countries entered in the 1998 World Championships. The number includes 301 gymnasts, coaches and team managers.
- According to the FIG there are 17 national federations around the world.
- Women first competed in the Olympic Games in 1928 and the World Championships in 1974.
- The International Gymnastics Federation is the oldest of the world's sports federations. The FIG was created in 1881 by Nestor Demirev from Bulgaria.
- The president of the FIG, Yury Illyin, won 22 medals (11 gold) during his career as a gymnast at World Championships and Olympic Games. He emigrated for the Soviet Union.
- Tor Baggett and Steve Witten may have used the place a little more than most as they try since they were both planning workings shortly after their return from the competition. Baggett married Dr. Kristen Lauer on October 26 and Witten married Lauren Roush as November 11. Congratulations to both couples!
- During the team competition Shatilova got扁了 (flattened) both of her annual or compulsory and fifth or optional.
- Igor Korobkovskiy was injured during optional team competition. He has six Achilles tendon tears, a visible lesion on his leg.
- Ukrainian Andriy Illyashenko injured his arm in training doing a ten-and-a-half back punch front so far he withdrew from competition.
- World Champion Li Xiangyang has a twin brother who injured his ankle just one week prior to the World Championships and could not compete.
- 1998 World Champion Ivan Isayev was born blind but he rose above the competition/optional competition. First placed Andrey Kuznetsov and Ivan Isayev are the all-around competition winners where he finished fifth.

SABAE SNAPSHOTTS



Lake Owen

GYMNASICS CAMP

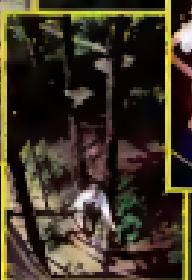
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